MEET THE SWEET

Introducing Ceri and Laura, Metro's daily dining duo

metroFOOD

Start a Career in a Growing Industry!

Now offering a Supply Chain Management and Logistics program in partnership with SCMA Manitoba.

HERZING COLLEGE 50

204.775.8175 • herzing.ca/winnipeg

Winnipeg metro

WEDNESDAY, SEPTEMBER 23, 2015

High 18°C /Low 8°C Sun and clouds

READY TO ENGAGE

'I'm Drake. Conservatives, you're Meek Mill'

DAILY ELECTION PAGE
metroNEWS

JETS FALL

WILD WIN WITH 1-0 IN THREE-ON-THREE OVERTIME

The Jets' Alexander Burmistrov plays the puck during the first pre-season game at the MTS Centre on Tuesday. THE CANADIAN PRESS

Feds won't appeal land claim ruling

FIRST NATIONS

Disposal of Kapyong Barracks at heart of issue

Prime Minister Stephen Harper says the federal government will not appeal a court ruling over land being claimed by some Manitoba First Nations.

Harper says the government will meet with the First Nations involved, but he's given no guarantee the aboriginal groups will get the land they want.

The Federal Court of Appeal last month upheld a lower-court ruling that said Ottawa failed to adequately consult First Nations groups when the land at Kapyong barracks was declared surplus by the Canadian Forces.

The barracks are part of a former military base near a prime commercial area in Winnipeg.

Four Manitoba First Nations have outstanding Treaty Land Entitlement claims and they have talked about turning the former military site into an urban reserve.

They filed suit in 2008, and resulting lawsuits have stalled development, including a widening of Kenaston Boulevard that the City of Winnipeg has declared a top infrastructure priority.

The land, at 64 acres, has sat empty and deteriorated since it was declared surplus in 2004.

The court ruling does not necessarily commit the government to give the land to the First Nations, but a lawyer for two of the aboriginal groups says he hopes that will be the result.

THE CANADIAN PRESS
WITH FILES FROM METRO WINNIPEG

If you're texting, who's driving?

Manitoba Public Insurance

Make the most of their school year with iPad Air

iPad Air 2

Now $0 down*

with **Easy Pay**™ and receive a free GB of data for a year**
when you activate on a 2-yr. **Share Everything**™ plan.

24 monthly payments of $28.70 at 0% APR. No term $689. Excludes taxes and Connection Fee.

To learn more, visit rogers.com

ROGERS™

*A Connection Fee of $20 per line will appear on your invoice. Taxes on no-term price apply in all cases. *$0 down on approved credit (0% APR) with 24-month device financing agreement ("DFA") on an in-market Share Everything plan with tablet additional line. Payment of outstanding balance due upon termination of DFA or Share Everything tablet additional line, downgrade to an ineligible plan or transfer of responsibility. **Offer available to new and existing customers activating a tablet additional line on a 2-yr. term to their Share Everything plan by Sept. 11/15. Bonus 1GB data applies only to the tablet line (not shareable) for 1 year and will be consumed prior to any shared plan data being consumed by the tablet.

metro NEWS

Your essential daily news

PETA fights for monkey to have copyright to selfie. **World**

Red River College nixes anxiety accommodations for tests

MENTAL HEALTH

Local universities have required medical notes

Dave Baxter
Metro | Winnipeg

A local anxiety association says they disagree with a college's recent decision to no longer accommodate students who suffer from text anxiety.

For the past few years, Red River College was one of the few colleges in the country to make accommodations for students dealing specifically with test anxiety, allowing those who were suffering to speak with a counsellor who would gauge their level of anxiety.

Accommodations such as an extension on their test or a private room to write it in would be given if the counsellor felt it was necessary.

However, over the summer, RRC quietly dropped the special accommodations.

"It was hard to determine who had a legitimate anxiety around test-taking," said RRC co-ordinator of counselling and accessibility services Laureen Janzen, adding the special accommodations could be sought without a doctor's diagnosis.

Student Emily Funk does not agree with changes at her college. DAVE BAXTER/METRO

Janzen said exam anxiety on its own is not a diagnosable disorder, and something that would be part of a more complex anxiety disorder.

"It's a term that is used and often misunderstood."

Mary Williams of the Anxiety Disorders Association of Manitoba, disagrees.

"Exam anxiety is very real," said Williams. "Whether or not it is part of a larger anxiety disorder is not the question they should be asking.

"When anxiety becomes disabling it is problematic, and there are a lot of people that have high levels of anxiety related to tests.

"It's a very real phenomenon. The symptoms are overwhelming."

Things like throwing up, hot sweats, heart palpitations and an inability to concentrate all come along with test anxiety, said Williams, who added a person in the grips of an anxiety attack would be in no condition to write a test.

Janzen said instead of the accomodations, the college is now offering a more proactive approach to dealing with test anxiety, offering one-on-one counselling and group workshops.

> **"It's a very real phenomenon. The symptoms are overwhelming.**
> Mary Williams

Both the University of Manitoba and the University of Winnipeg said they offer accommodations for people dealing with exam anxiety, but both universities require medical documentation.

"That really bothers me," said Williams. "If a person states they have anxiety around writing an exam, why would they state that for any other reason than to convey they are having a challenge?"

She said a person suffering a panic attack right before a test would not have time to obtain a doctor's note.

First year RRC student Emily Funk does not agree with the policy changes at her school or the policies at the U of M or U of W.

"I would hope they would help them at that moment," said Funk. "It's just not really fair to make them take a test if they're really suffering."

TAKE IN THE OUTDOORS

Grab your lunch and relax on the beautiful cityplace terrace, downtown. Located on the second level at cityplace, off of the food court.

cityplace

www.cityplacewinnipeg.com

School shakeup proposal leads to mixed reactions

EDUCATION

French immersion students may be moved

Shane Gibson
Metro | Winnipeg

Trustees at the St. James-Assiniboia School Division are considering a recommendation from senior administration to move French immersion students from École Golden Gate to Ness Middle School. SHANE GIBSON/METRO

Parents in the St. James-Assiniboia School Division have mixed feelings over a proposed school shakeup that could see French immersion students from École Golden Gate Middle School moved to new classrooms three kilometres away.

Senior administration at the division have recommended immersion students from the dual-track school be moved to Ness Middle School, which is currently all English but would become a French milieu school if trustees vote in favour of the proposal.

English students at Ness would move to Hedges Middle School, which is just under two kilometres away, and Golden Gate would become an English only school.

Administration would like the plan to go into effect next year, if trustees approve it.

"The simple fact is that there is not going to be enough room … at École Golden Gate in the not-to-distant future," said the division's acting chief superintendent Brett Lough, noting there's currently around 300 French immersion students at the school, but projections have shown there could be at least 400 enrolled in the program in the next two or three years.

"Where do you put those kids?"

Golden Gate is the division's only middle school offering French, and Lough said there's now about 515 students at the school in both tracks.

The school's maximum capacity is 675, according to the division.

The proposal doesn't sit well with Nicole Bowering, who lives near Golden Gate and has three children she had planned on enrolling in the school's French track.

Bowering's first concern is whether the English students left at Golden Gate will have the same access to extracurricular programs if the school's French staff moves.

> **"The simple fact is that there is not going to be enough room … at École Golden Gate.**
> Brett Lough

She also worries that some families will not be able to afford the $600 she estimates it will cost her family, per child, to take a city bus to Ness for the year.

"For Grade 6 the division provides buses but, for grades 7 and 8, students are taking transit," she said. "For us that might mean no extracurricular that year, but for a low-income family what if that means no breakfast on the table?"

Bowering would rather see dual-track programs set up at both Ness and Golden Gate.

But for other parents like Elizabeth Bailey, the idea of having one middle school in the division devoted to French immersion rather than dual-track is appealing.

"I like the idea of having complete immersion in the language," she said through email.

Division administration and board trustees will share more about the proposal at a public meeting Wednesday night, and Lough stressed they'd also be listening to concerns and suggestions from parents.

"We want to work with the community," he said. "There's some room for discussion and feedback here which we feel is critical if you're going to make a decision like this."

ELECTION 2015

Candidate compares abortion to Holocaust

A Conservative candidate in Winnipeg has compared the number of abortions in Canada to the death tolls of the Holocaust and the 9-11 attack in the United States.

Gordon Giesbrecht, who is running in Winnipeg-South, made the comments in a video posted online in 2009 when he was president of Horizon College and Seminary, a Christian academy in Saskatoon.

In the video, Giesbrecht says the number of abortions in recent decades equals "a 9-11 every day" and surpasses the number of people killed in the Holocaust in the Second World War.

"That's a very serious problem that confronts our youth in the world and in our churches," he says in the video."Unfortunately, this issue is seldom, if ever, addressed in our churches today."

He then quotes a Bible passage that refers to God knowing someone before they were shaped in the womb. Giesbrecht was not available for comment Tuesday evening. His campaign manager, Olivia Baldwin-Valainis, said Giesbrecht was out door-knocking and would not be made available. Baldwin-Valainis said the Conservative party position has been, and remains, that the abortion issue will not be reopened.

Giesbrecht's main opponents are Liberal Terry Duguid and New Democrat Brianne Goertzen, who are both running for parties with pro-choice platforms.

"References to 9-11 and the holocaust are really most unfortunate and I don't think they're worthy of any further comment," Duguid said.

"We believe in the Charter of Rights and Freedoms and we will safeguard a woman's right to choose." THE CANADIAN PRESS

HOME OF THE WATCH DOCTORS
Stewart's Horology
Quality Restorations and Repairs to All Fine Timepieces and Jewellery
New Stock Arriving Daily!
Winnipeg Concourse (Beside the escalators) • 204.942.1955 • stewbnz1@mymts.net
2741 Portage Ave • 204.789.9620 • stewartshorology.ca

Therapeutic Alliance
Christine Leger
Psychotherapist
Counselling for issues such as:
- Addictions
- LGBTQ Issues
- Anxiety
- Family Issues
- Aging
- Depression
- Grief & loss, both human & companion animal

204-284-1988 office | 204-770-5324 cell
201-6 Roslyn Rd | www.therapeuticalliance.ca

Cora Morgan has set up teepees on the legislative grounds and will be fasting with five other women. SHANE GIBSON/METRO

'It's a broken system,' say advocates

FAMILIES

First Nations women protest Man. child-welfare system

The advocate for First Nations children in Manitoba has set up large teepees in the shadow of the legislature and is fasting to draw attention to the province's "broken" child-welfare system.

Cora Morgan plans to go without food or water, along with five other women, until Thursday. Sitting around a sacred fire, they want to draw attention to the problems within Child and Family Services and seek spiritual guidance.

"I don't think people are fully aware of what's going on right now," Morgan said Tuesday. "Our hope is that we start showing that change is needed."

Manitoba has more than 10,000 children in care and the vast majority are aboriginal. The province seizes an average of one newborn a day. Child welfare has been under scrutiny for years for allowing some teens to languish in jail because of a shortage of appropriate foster-care spots.

Manitoba can't continue taking aboriginal children away from their parents and putting the onus on them to prove they are fit, Morgan said. The province is focusing too much on housing apprehended children rather than trying to keep families together, she suggested.

"We need a complete overhaul of the way things are being done."

Lee-Anne Kent is fasting with Morgan. The community development worker recently moved home to the Brokenhead First Nation north of Winnipeg to raise her six-year-old son and 12-year-old daughter. Although she has a licence to use medicinal marijuana for PTSD, questions arose about whether she was dealing drugs, she said.

In July, she dropped her children off for a sleepover at their grandmother's house. The next day, she said, they were in foster care. No social worker ever visited her house, saw her garden or asked her about the allegations, Kent said.

"I only get access to my children, (who) I've never been apart from, once a week for three hours," she said, tears welling up in her eyes. "It's a broken system with abusive workers that aren't even qualified.

"How much longer and how many more children are going to be hurt before we actually start to address the issues of the broken system?"

Family Services Minister Kerri Irvin-Ross sat down with the group Monday night. The government is bolstering prevention programs to reduce the number of apprehensions, she said, adding that the province only apprehends kids as a last resort.

"There are standards in place and clear expectations that the professionals ... must follow," she said. THE CANADIAN PRESS

THEATRE

Winnipegger on design prize short list

Four designers — two from Montreal, one in Toronto and a Winnipeg native — have made the short list for this year's $100,000 Siminovitch Prize in Theatre.

The list includes Montreal's Anick La Bissonniere, who was also a finalist in 2006, 2009 and 2012.

She's a trained architect who's worked with many acclaimed directors and is known for bringing a "sophisticated sculptural beauty to her set designs," said a statement.

Bretta Gerecke, who grew up in Winnipeg, is on the short list for a third time after being a finalist in 2006 and 2009.

Her work has been seen on high-profile platforms including Cirque du Soleil and the Stratford Festival.

First-time nominee Trevor Schwellnus of Toronto was praised for creating "outstanding visual effects with minimal resources."

$100K

Siminovitch prize amount — $25,000 of which goes to a protege

And first-time finalist Nancy Tobin of Montreal made the cut for her "innovative and original approach to sound design."

Now into its 15th year, the prize recognizes a body of work in design, direction and play writing in three-year cycles.

Winners receive $75,000 for themselves, while $25,000 goes to a protege of their choice.

This year's jury includes chair Bob White, Philip Akin, Gideon Arthurs, Genevieve Blais and Kim Collier.

Actress Fiona Reid will host the awards ceremony on Oct. 18 in Toronto. THE CANADIAN PRESS

FANTASTIC FALL FINDS AT cityplace

HELLO my name is Autumn

LONDON CALLING
Assorted collectible wooden music boxes, **Cards, etc.** $12.95-49.95

COLOUR ME RED
Assorted adult colouring books, **Coles** $6.99-29.95
Coloured pencils & markers, **Coles** $5.95-16.50

IT'S A DATE!
2015-2016 Agendas, **Coles** $5.99-48.00

SWEET SCENTS
Assorted wax warmers, **Cards, etc.** $14.95-24.95
Assorted wax melts, **Cartds, etc.** $5.95

AUTUMN ARM PARTY
Arm Bangle, **Honshu Watch & Jewellery** $7.99
Beaded Bracelet, **Honshu Watch & Jewellery** $19.99

cityplace www.cityplacewinnipeg.com

READY TO ENGAGE

Metro's coast-to-coast daily election series connects young, urban Canadians to the issues they care about

VOTER PROFILE

Name: Jerilynn Webster **Age:** 30 **Riding:** Vancouver East
Her issues: Missing/murdered women, environment, refugees, youth in care, reconciliation with First Nations

Spitting fire in search of 'true reconciliation'

ROSEMARY WESTWOOD
in Vancouver

Jerilynn Webster is, in her own words, killing this interview.

"I'm on fire!" she says, dancing in her seat at a Vancouver café. "Comin' correct, Ashley Callingbull-styles. I'm charged up. Hashtag Drake-styles. I'm Drake. Conservatives, you're Meek Mill."

The 30-year-old rapper — who goes by JB the First Lady — is listing her top five election issues, punctuating each point by looking me dead in the eyes, holding my gaze for a beat of silence.

The list goes like this:

1. A missing and murdered Indigenous women's inquiry. "If it was any other race, there would be something done about it," she says. "The Conservatives said they don't feel like there needs to be any information, or inquiry. I want someone who's going to push for it."

2. Environmental policy. "Someone who's not into selling, ruining the land, or poisoning the waters. Someone who is for protection. Someone who is for sustainable energy." In the midst of global warming, this election, she says, "is for Mother Earth."

3. Welcoming refugees. "No humans should be 'illegal,'" she says, and mentions Alan Kurdi, the boy found on the shores of Turkey. "We're responsible for deaths like that, especially if we live in a place where there's abundance. We need to make sure that's accessible for children."

4. Youth in care. Over half of all kids in provincial care in B.C. are indigenous. Webster wants that to change. She compares the situation to the residential school system, and wants more support for children transitioning out of government care, too. "We need to take care of our children."

5. Reconciliation with indigenous Canadians. This is an overarching issue, she says. "True reconciliation — there would be justice for all categories."

I tell her it's clear she's thought a lot about what she wants. "Girl, someone pay for my campaign!" she says.

Webster, who is part of the group Enter Tribal, released her first album in 2008. She says hip hop is a modern evolution of her people's oral-history tradition. Storytelling is a responsibility.

"And I don't take it lightly."

Her voice is her politics, and her politics — she's at pains to note — are her own, not a token representation of other indigenous people, some of who don't believe in voting. She sees voting as resistance: "My grandmother was not allowed to vote. My grandfather was not allowed to vote. And now I can research, and I can ask questions. Push back. Push forward.

"The reason we have missing and murdered aboriginal women, environmental problems, is because the genocide is still happening."

Rosemary Westwood is travelling across the country talking to young voters. Tomorrow she's in Calgary.

Not just jobs — quality jobs

ECONOMY

Young people struggling to find meaningful well-paid work

Michael Woods
Metro | Ottawa

It's a situation familiar to many young Canadians: graduate from university or college with a mountain of debt, find low-paying, precarious employment, and be squeezed when it's time to buy a house or start a family.

Today's 25-to-34-year-old earns thousands of dollars less for full-time work today than in 1976, and skyrocketing housing prices disproportionately favour older Canadians.

Governments aren't helping. Federal and provincial governments combine to spend over $33,000 per person over 65, but spend less than $12,000 per person under 45, according to the calculations of Paul Kershaw, a professor at the University of British Columbia and founder of Generation Squeeze, a national non-profit building a lobby group for younger Canadians.

"It might be OK to have that big gap if young Canadians were doing wonderfully in the marketplace, but we're not," Kershaw says. "Things have gotten much worse for us compared to a few decades ago."

For many, the cycle starts with post-secondary education. Canadians are graduating with record levels of debt: national average tuition fees have increased more than 155 per cent, adjusted for inflation, from 1990 to 2014, according to the Canadian Federation of Students.

Rebecca Blakey, 26, an Ottawa native who now lives in Edmonton, has an undergraduate and master's degree in English. She worked jobs in the manufacturing and non-profit sectors before her current job as an administrator at the University of Alberta.

She has a student line of credit that she's been paying off for four years, and will be for another three. And she's tired of the rhetoric

> **"I take to heart this notion that desperate people make ideal workers and distracted citizens.**
> Rebecca Blakey, 26

"A lot of people, especially people in older generations, are like: 'What it takes is for you to just get a good job,'" she says.

"It's all fine and well to say everybody needs jobs, but what are the conditions that lead to those people being desperate and needing those jobs?"

Indeed, the youth unemployment rate has been above 13 per cent since before the 2008 recession, about twice the national average. But the underemployment rate — those in precarious, part-time work or lower-paying jobs not in their field, makes up another 29 per cent.

So what would the federal political parties do about it? In the past month, the two main opposition parties have released plans to address youth unemployment.

The NDP pledges $200 million over four years to help create more than 40,000 jobs, paid internships and co-op placements for youth, as well as to crack down on unpaid internships. The Liberals promise $1.3 billion over three years, including $300 million annually for a youth employment strategy.

Kaylie Tiessen, an economist at the Canadian Centre for Policy Alternatives, said those proposals are "great, but they're just a step in the right direction."

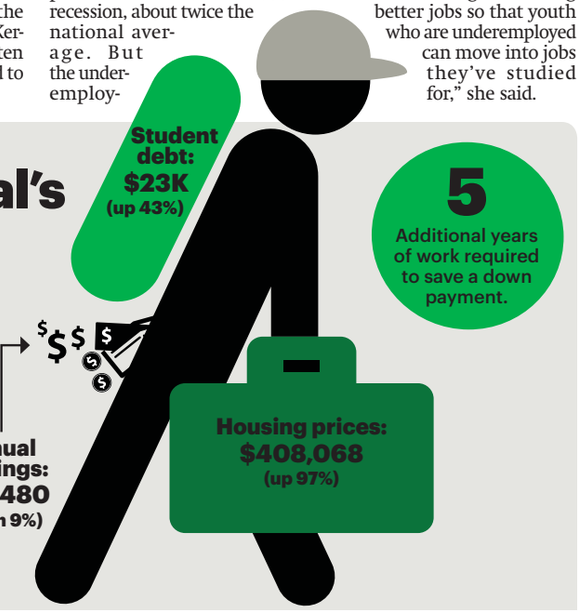
She points out that the co-op placements and internships promised in the platforms would be entry-level, resumé-padding positions of little use to many underemployed young people, whose resumés are already great. The problem, she says, lies in helping young workers move past low-level jobs into quality, full-time work.

"I'd really like to see a bigger-picture plan here, where we're looking at creating youth jobs, but also looking at building better jobs so that youth who are underemployed can move into jobs they've studied for," she said.

BY THE NUMBERS

Millennial's burden

Research by the lobby group Generation Squeeze compares what 25-34-year-olds face today vs. in 1976. (All figures averages)


Student debt: $23K (up 43%)
5
Additional years of work required to save a down payment.
Annual earnings: $42,480 (down 9%)
Housing prices: $408,068 (up 97%)

Switch to MTS Wireless and Business Internet.

Save up to $250 per smartphone.*

LG G Stylo

LG G4

Samsung Galaxy S6 edge

Go to your nearest MTS store or visit mts.ca/businessoffer for details.

MTS

*$250 savings refers to the credit of up to $150 for purchase of any smartphone or tablet before taxes and the $100 credit for switching your wireless service to MTS. No cash/credit back if $150 credit exceeds the total cost of the device. The $150 discount and 3-month free internet offers only available with both of: min. 24-month contract and min. $55.00 a month voice and data business plan and sign up for new or upgrade existing MTS Business Internet. $100 for switching your wireless to MTS will appear as a bill credit within the next two billing cycles and is only available to customers who are porting a wireless number to MTS from another carrier. Conditions apply. While quantities last. Offer expires October 30, 2015, and subject to change. LG and the LG logos are registered trademarks of LG Electronics and its affiliates. Samsung and Samsung Galaxy are registered trademarks or trademarks of Samsung Electronics Co., Ltd., used with permission. Screen images simulated. MTS design mark is a registered trademark of Manitoba Telecom Services Inc., used under license.

Tories regret 'confusion' on Fox

ELECTION 2015

Foundation made request for funding, Harper says

Stephen Harper defended his party Tuesday against accusations of politicizing Canadian icon Terry Fox, saying the foundation in the Marathon of Hope runner's name put forward the very ideas on cancer research funding the Conservatives announced over the weekend.

The Conservatives promised that if re-elected, they would match all donations raised during this year's Terry Fox Run, fund a cancer prevention centre in Vancouver and renew existing funding for a national treatment and prevention centre.

"In August of this year we received a request from the Terry Fox Institute and the Terry Fox Foundation for the kinds of contributions and matching funds we're setting up," Harper said.

"We fulfilled that request; I think it's a great policy."

Conservative Leader Stephen Harper speaks to supporters while campaigning Tuesday in Winnipeg. RYAN REMIORZ/THE CANADIAN PRESS

The Conservative announcement came in for criticism after Conservative MP James Moore described the Fox family as enthusiastically welcoming the program, which the family itself said they never did.

In an Aug. 31 letter to Harper, however, both organizations do make a pitch for greater financial support of cancer research.

> **We welcome you to participate at any of the 750 Terry Fox runs.**
> Letter to Conservatives

The letter makes a specific demand — that the federal government help them expand their pilot project connecting high-performing cancer research hospitals to help them share clinical and research data.

The letter, circulated Tuesday by the Conservatives, makes no mention of the matching funds commitment nor the prevention centre in Vancouver.

It does ask for a sit-down with Harper to discuss their proposal prior to the Oct. 19 vote.

It also closes with an offer.

"We invite you to show your support of our vision for a Terry Fox-designated Comprehensive Cancer Program. We welcome you to participate at any of the 750 Terry Fox Runs happening on Sept. 20 across Canada," says the letter.

"We will be happy to work with you in providing a speaking opportunity at the start of this year's run."

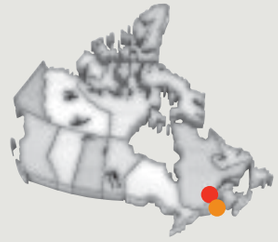
The Conservative party has acknowledged they might be causing some tension.

"It was mistakenly indicated that the funding requested and welcomed by the Terry Fox Research Foundation was done so on behalf of the family," the party said in a statement.

"We regret any confusion this may have caused."

THE CANADIAN PRESS

WHERE THE LEADERS ARE WEDNESDAY



- **Stephen Harper** has no events scheduled.
- **Justin Trudeau** will be in Montreal.
- **Tom Mulcair** will also be in Montreal.
- **Elizabeth May** has no events scheduled.

THREE HOMICIDES

City on alert as suspect sought

Joe Lofaro
Metro | Ottawa

Downtown Ottawa was on heightened alert for part of the day Tuesday as police acted on information that an armed man was headed to the capital region after three women were killed about two hours west of the city.

Security on Parliament Hill was visibly beefed up as a larger contingent of RCMP officers carrying automatic weapons patrolled the front lawn under the Peace Tower.

A few blocks away, several unmarked and marked Ottawa police cruisers surrounded the entrance of Langevin Morris Smith LLP, a law firm located at 190 O'Connor St., which, according to a source, was in lockdown.

It was not clear why the office was taking the precaution or what relation — if any — it has to the suspect.

The heavier police presence in pockets of downtown was, to an extent, reminiscent of the scene on Oct. 22, 2014, when the downtown core was on lockdown in the aftermath of the deadly shooting at the National War Memorial and inside Centre Block.

At around 2:30 p.m. Tuesday, Ottawa police arrested a 57-year-old suspect in Kinburn, Ont., just west of Ottawa.

The OPP later revealed the shooter was wanted in connection with the homicides of three women, whose bodies were discovered in different locations in Wilno, Foymont, and Kinburn Tuesday morning.

VANCOUVER ISLAND

Man decks cougar to save girl

A Vancouver Island man punched a cougar in the face Monday to rescue his two-year-old girl from its jaws.

Travis Nielsen's daughter, Bree, suffered some puncture wounds in the sudden attack, but is otherwise doing fine.

"She was crying but she's OK," said his wife, Andrea Nielsen. "She's got some small puncture wounds just above her right ear, one on her back and then a couple on her chest."

The cougar pounced while the three of them were sitting in their backyard in Tahsis on the west side of Vancouver Island.

"(Bree) was sitting with a six-week-old puppy and we were just kind of looking at the ocean and enjoying the day and then all of a sudden from behind the shed, my daughter was attacked."

Nielsen told The Canadian Press it wasn't immediately clear what kind of animal had attacked the toddler.

"At first, we thought it was a large dog. But then we realized — after my husband pulled my daughter out of the way and punched it in the face — that it was actually a cougar."

The cat dropped the girl and Travis Nielsen yelled at the cougar to "get out of here."

"He was still out there scaring the cougar into the forest even after the fact, once we were all safe in the house," said his wife.

Conservation officers eventually put the animal down and scoured the area for any additional big cats.

THE CANADIAN PRESS

VICTORIA

Hard drive with 3.4M files officially lost

Bureaucrats spent much of the summer rummaging through boxes in a secret Victoria warehouse, searching for a hard drive containing 3.4-million records of British Columbia and Yukon students and teachers.

The hard drive is now officially lost, said Technology, Innovation and Citizens' Services Minister Amrik Virk on Tuesday.

He called the loss troubling and announced the province's Chief Information Officer will review the government's management of personal information, adding Information and Privacy Commissioner Elizabeth Denham will conduct her own review.

> **Any time personal information may be at risk, it is a cause for concern.**
> Amrik Virk

"Any time personal information may be at risk, it is a cause for concern," Virk told a news conference.

"I'm troubled to have learned that government is unable to locate an unencrypted backup hard drive that contains a variety of reports, data and information."

Virk said the government believes the risk to people is low because the hard drive does not contain social insurance numbers or financial or banking data.

But he said the unencrypted data from 1986 to 2009 includes potentially sensitive information about children in care, teacher retirements and graduation dates for cancer survivors.

It also contains decades' worth of names, grades, postal codes and personal education numbers, he said.

The Ministry of Education discovered the drive was lost while reviewing records to ensure compliance with data-storage standards.

Virk said residents can call Service BC to find out if their information was on the drive.

THE CANADIAN PRESS

PIPELINE

Clinton comes out against Keystone

The prospects dimmed for the Keystone XL pipeline ever seeing the light of day, with a significant development Tuesday in the years-long debate over the Canada-to-Texas oil project.

Hillary Clinton, the current frontrunner in most U.S. presidential election polls told a town-hall-style meeting in Iowa: "I oppose it because I don't think it's in the best interest of what we need to do to combat climate change."

The announcement puts a dent in the plan of pipeline supporters to wait for the next president, should Barack Obama reject it as most expect.

Hillary Clinton. CHARLIE NEIBERGALL/ ASSOCIATED PRESS

Prime Minister Stephen Harper has suggested that if Obama says no, then a future president will eventually say yes. THE CANADIAN PRESS

Too early to diagnose test problems: Group

HEALTH

Our nurses not doing as well on U.S.-based licensing exam

It's too soon to know what lower pass rates might say about a new U.S.-based licensing test for Canadian nurses, but they don't mean it's too Americanized, says the national group that oversees the exam.

The president of the Canadian Council of Registered Nurse Regulators said figures released earlier this month for the National Council Licensure Examination are for the first half of 2015.

But Anne Coghlan said critics are measuring those numbers against the annual results for a previous written test for nursing graduates that was administered by the Canadian Nurses Association.

"I think it's very important to stress this is preliminary data," said Coghlan. "This data represents the first six months of the year and in some jurisdictions it represents a small number of writers."

The national pass rate from January to June stands at 70.6 per cent, with six of 10 provinces and territories registering pass rates below the national average.

The U.S. pass rate for the test in the same period is higher at 78.3 per cent, prompting some to question its validity in measuring the competency of Canadian registered nursing graduates. Figures for the previous test show the national pass rate was 86 per cent in 2014 and 81 per cent in 2013.

Kirsten Woodend, president of the Canadian Association of Nursing Schools, believes the test is the wrong exam for Canadians, saying there is a "huge mismatch" when the American-based test plan is compared to existing entry requirements for competency in Canada.

THE CANADIAN PRESS

The national pass rate for a new U.S.-based licensing test for Canadian nurses stands at 70.6 per cent. ISTOCK

DIABETES

Discovery could be a 'game-changer'

Researchers from the University of Alberta say they have identified a new molecular pathway that manages the amount of insulin produced by the body, and they're touting the discovery as a potential "game-changer" in the field of diabetes research.

The new pathway was found after researchers examined pancreatic cells from 99 human organ donors.

They found that the pathway acts as a sort of "dimmer" switch, essentially adjusting how much insulin is secreted when blood sugar increases.

> **(This) could lead to new ways to treat the disease.**
> Prof. Patrick MacDonald

A study detailing their discovery was published Monday in the Journal of Clinical Investigation.

Prof. Patrick MacDonald, an associate professor at the University of Alberta Faculty of Medicine and Dentistry, says the "dimmer" switch appears to be lost in patients with Type 2 diabetes.

But he says it can be turned back on, essentially restoring proper control of insulin secretion from pancreatic cells in diabetes patients.

MacDonald says the discovery could lead to a new way of treating the disease in the future.

"Understanding the islet cells in the pancreas that make insulin, how they work — and how they can fail — could lead to new ways to treat the disease, delaying or even preventing diabetes," he says.

He says while restoring the "dimmer switch" in the islet cells of the pancreas may have been proven on a molecular level, finding a way to translate this into clinical practice could take decades.

"We don't know enough to stop Type 2 diabetes yet, but this is a large step toward understanding what's going wrong in the first place," he says.

According to the Canadian Diabetes Association, there are more than 10 million Canadians living with diabetes or prediabetes. THE CANADIAN PRESS

ENDS TODAY!

MW

NO ENROLLMENT and SEPTEMBER FREE

SHAPES Fitness Centres

*Based on a 1 year membership. Must present coupon. See club for details.

EXPIRES SEPTEMBER 23, 2015

FINAL DAY

WOMEN'S ONLY SHAPES Women's Fitness Centres

24 HOURS SHAPES Co-Ed Fitness Centres

www.shapes.ca

PHILIPPINES

Canadians abducted from upscale resort

Gunmen abducted two Canadians, including a former mining company executive, a Filipino woman and the Norwegian marina manager at an upscale resort complex on a southern Philippine island, sparking an air and sea search by authorities, officials said on Tuesday.

At least 11 men armed with pistols and two rifles arrived on two motorboats and entered the Holiday Ocean View Samal Resort before midnight Monday on Samal Island off Davao City, military and police officials said, citing witnesses and a security video that captured part of the kidnapping.

The gunmen attempted to seize an American and his Japanese companion on one of the yachts docked at the marina, but the couple resisted and escaped by jumping off the boat.

Amid the commotion, Canadians John Ridsdel and Robert Hall and the Filipino woman, Teresita Flor, rushed out of their yacht and were taken. Norwegian Kjartan Sekkingstad, who was the resort's marina manager, was seized when he approached to check what was happening.

THE ASSOCIATED PRESS

TVI PACIFIC

Ridsdel still a consultant

John Ridsdel is the former chief operating officer of mining firm TVI Resource Development Philippines, a subsidiary of Canada's TVI Pacific, where he is still a consultant, a company officer said.

INDONESIA

PETA wants monkey to own selfie rights

A macaque monkey who took now-famous selfie photographs should be declared the copyright owner of the photos, rather than the nature photographer who positioned the camera, animal-rights activists contend in a novel lawsuit.

The suit was filed Tuesday in San Francisco by People for the Ethical Treatment of Animals.

The photos were taken during a 2011 trip to the Indonesian island of Sulawesi by British nature photographer David Slater. Through San Francisco-based self-publishing company Blurb, he has published a book called Wildlife Personalities that includes the "monkey selfie" photos.

However, the photos have been widely distributed elsewhere by outlets, including Wikipedia, which contend that no one owns the copyright to the images because they were taken by an animal, not a person. THE ASSOCIATED PRESS

A selfie taken by a macaque monkey in Indonesia. DAVID SLATER-COURT EXHIBIT/PETA/THE ASSOCIATED PRESS

IN BRIEF

Top court sets date to hear appeal in Pistorius case

Oscar Pistorius' case will be heard by South Africa's Supreme Court of Appeal on Nov. 3, when prosecutors will again press for a murder conviction against the double-amputee athlete. The court said the appeal against Pistorius' acquittal for murder for killing girlfriend Reeva Steenkamp will be heard by a panel of five judges. Pistorius was found guilty of a lesser charge of manslaughter for shooting Steenkamp.

THE ASSOCIATED PRESS

Top two leaders of ETA caught in French Pyrenees

Spain's Interior Ministry says the two current leaders of the armed Basque separatist group ETA have been arrested in the Pyrenees mountains region of France near the border with Spain. The ministry says that David Pla and Iratxe Sorzabal were detained in a rural house in the town of Saint-Etienne-de-Baigorry, a few kilometres from Spain. They are wanted in both countries on terrorism charges.

THE ASSOCIATED PRESS

Croatian police officers hold back a man in Opatovac, Croatia, Tuesday, after scuffles broke out outside a new reception centre meant to register those seeking sanctuary in Europe. MARKO DROBNJAKOVIC/THE ASSOCIATED PRESS

EU deal on refugees strains group's ties

metro The Syrian Crisis

The agreement

Four nations vote against relocation plan

At a contentious meeting, European Union ministers agreed Tuesday to relocate 120,000 refugees among the bloc to ease the strains on front-line nations like Greece and Italy, which are being overwhelmed by the migrant crisis.

But in a sign of deep-rooted divisions among the bloc's 28 nations, the ministers who often reach decisions by consensus had to put the plan to a vote. And even with Tuesday's hard-won agreement, the sheer numbers of migrants already in Europe this year — over 477,900 — shows the need for much greater action and wider vision down the road.

Milan Chovanec, the Czech Republic's interior minister, said four nations — the Czech Republic, Slovakia, Romania and Hungary — all voted against the plan and Finland abstained.

The deal did not set mandatory quotas for each nation — one of the most controversial aspects of the proposed plan. But German Interior Minister Thomas de Maiziere said the deal cut "secondary migration," in which those seeking asylum move from one country to another within Europe.

"If people are distributed in Europe, then they can't choose what country they go to. They have to stay in the country they were distributed to," he said.

> **They can't choose what country they go to ...**
> Thomas de Maiziere

Hours before the ministers talked in Brussels, migrants scuffled with police at a transit camp in Croatia and nations in southeast Europe scolded and threatened each other as the unrelenting flow of asylum-seekers raised diplomatic tensions to a boiling point.

Tensions between Serbia and Croatia took a sharp turn for the worse, with Serbia giving Croatia an ultimatum to reopen its border — or risk unspecified counter-measures.

THE ASSOCIATED PRESS

ALASKA

Fossils of new dinosaur species found

Researchers have uncovered a new species of plant-eating dinosaur in Alaska, according to a report published Tuesday.

The animal was a variety of hadrosaur, a duck-billed dinosaur that roamed in herds, said Pat Druckenmiller, earth sciences curator at the University of Alaska Museum in Fairbanks.

Northern Alaska likely was once covered by forest in a warmer climate. The dinosaur lived in darkness for months and probably experienced snow, researchers said.

The fossils were found in rock deposited 69 million years ago.

For at least 25 years, the fossils were lumped in with another hadrosaur, Edmontosaurus, a species well-known in Canada and the U.S., including Montana and South Dakota. The formal study of the Alaska dinosaur revealed differences in skull and mouth features that made it a different species, Druckenmiller said.

Researchers have dubbed the creature Ugrunaaluk kuukpikensis. The name means "ancient grazer" and was chosen by scientists with assistance from speakers of Inupiaq, the language of Alaska Inupiat Eskimos.

The dinosaurs grew up to nine metres long. Hundreds of teeth helped them chew coarse vegetation, researchers said. They probably walked primarily on their hind legs but could walk on four legs, Druckenmiller said.

Most of the fossils were found in the Prince Creek Formation of the Liscomb Bone Bed along the Colville River more than 500 kilometres northwest of Fairbanks.

THE ASSOCIATED PRESS

A handful of dinosaur bones discovered at the Liscomb Bonebed in Alaska. PAT DRUCKENMILLER-UA MUSEUM OF THE NORTH/THE ASSOCIATED PRESS

Papal visit to U.S. stirs controversy

RELIGION

Pontiff likely to talk poverty, environment, immigration

Pope Francis arrived Tuesday on the first visit of his life to the United States, bringing his "church of the poor" to the world's wealthiest superpower and a country polarized over issues closest to his heart: immigration, social injustice and economic inequality.

According a rare honour to the pontiff, President Barack Obama and his wife welcomed Francis on the red-carpeted tarmac at Andrews Air Force Base in Maryland, just outside the nation's capital, after the pope's chartered plane touched down from Cuba to boisterous cheers from the crowd of hundreds. Presidents usually make important visitors come to them at the White House.

Shyly removing his skullcap, the 78-year-old pontiff walked slowly down the steps from the plane in his white robes and was met by a military honour guard, schoolchildren, politicians, and Roman Catholic clergyman in black robes and brightly coloured sashes.

Francis' most eagerly watched speech will be his address Thursday to Congress. Republicans and many conservative Catholics have bristled at his indictment of the excesses of capitalism that he says impoverish people and risk turning the Earth into an "immense pile of filth."

Many conservatives have likewise rejected Pope Francis' call for urgent action against global warming.

Just how far Francis presses his agenda in Washington is the big question.

THE ASSOCIATED PRESS

Pope Francis, accompanied by U.S. President Barack Obama, right, is greeted upon his arrival at Andrews Air Force Base, Md., Tuesday. ANDREW HARNIK/THE ASSOCIATED PRESS

MIDDLE EAST

Protect our allies, says retired general

Retired Army Gen. David Petraeus apologized to Congress on Tuesday for sharing classified information with his biographer-mistress, then pivoted from personal to battlefield policy and labelled the current U.S. strategy for fighting Islamic State in the Middle East "inadequate."

In his first public testimony before lawmakers since resigning as CIA director, the former top commander in Iraq and Afghanistan offered the Senate Armed Services Committee his recommendations for how to address problems in the Mideast, which he said unlike Las Vegas "what happens in the Middle East is not going to stay in the Middle East."

He suggested enhanced U.S. support for Iraqi security forces and Sunni tribal and Kurdish fighters. In Syria, he recommended the U.S. take a tougher stance against President Bashar Assad, warning him that if he continues dropping barrel bombs, the U.S. will stop the Syrian air force from flying.

"We have that capability," Petraeus said. "It would demonstrate that the United States is willing to stand against Assad and it would show the Syrian people that we can do what the Islamic State cannot — provide them with a measure of protection."

> **"Sunni Arabs will not be willing partners against the Islamic State unless we commit to protect them.**
> Gen. David Petraeus, Ret.

Petraeus warned against rushing to oust Assad without knowing who would fill the resulting political vacuum in the country.

Petraeus was director of the CIA from September 2011 to November 2012, when he resigned after acknowledging an affair with Paula Broadwell, a married U.S. Army reserve officer who met Petraeus while researching a book about his wartime leadership in Iraq and Afghanistan.

THE ASSOCIATED PRESS

University of Manitoba
Richardson Centre for Functional Foods and Nutraceuticals

Your Health Begins with the Food You Eat!

The University of Manitoba is looking for participants for a study examining the effects of hemp food product consumption on:

✔ Blood Lipids ✔ Blood Pressure
✔ Physical Activity ✔ Glucose Metabolism

For more information, please call: (204) 480-1042
Visit us online at: www.rcffn.ca
Email: hemptrial@umanitoba.ca

Richardson Centre for Functional Foods and Nutraceuticals
196 Innovation Drive • University of Manitoba • Winnipeg, MB
Dr. Peter Jones, Principal Investigator

University of Manitoba
Richardson Centre for Functional Foods and Nutraceuticals

Interested in being a nutrition study volunteer?

Are you between 18-45 years old?

If so, you may be eligible to participate in a study examining the effects of pulse products on:

✔ Blood Sugar ✔ Exercise
✔ Appetite and Food Intake

For more information, please call: (204) 480-1042
Email: pulsetrial@umanitoba.ca

Richardson Centre for Functional Foods and Nutraceuticals
196 Innovation Drive • University of Manitoba • Winnipeg, MB
Co-Investigators: Dr. Peter Jones and Dr. Danielle Bouchard

Hanging postponed with one hour to go

PAKISTAN

Officials spare paraplegic convict on death row

Pakistan on Tuesday postponed the execution of the country's first known paraplegic on death row, about an hour before he was to be hanged, an official said. The man's family welcomed the development with relief and urged authorities to spare his life on medical grounds.

The day before, Pakistan's Supreme Court refused to halt the execution of 43-year-old Abdul Basit, who has been paralyzed from the waist down since contracting meningitis in prison in 2010. Basit has been on death row since 2009, convicted of murdering a man in a financial dispute in Punjab province.

According to prison official Mohammad Safdar, a magistrate made the decision to postpone the death sentence after talking to Basit early Tuesday. The hanging was initially scheduled for just before dawn. There were no further details.

Under Pakistani law, authorities can delay executions on medical grounds but a convict can only be pardoned by the country's president. There was no immediate statement from President Mamnoon Hussain.

Basit's family members were waiting outside the high-security prison in the city of Faisalabad in eastern Punjab province so they could take the body for burial. His sister, Shugufta Sultana, said they were "terrified and nervous."

"We were waiting for bad news but God gave a new life to my brother and his execution was postponed," she said over the phone from Faisalabad.

Basit's lawyers and the rights group Reprieve had petitioned Pakistan's top court to halt the execution, arguing the hanging would constitute cruel and inhuman punishment. Reprieve's caseworker Kate Higham welcomed the postponement, saying the execution would have violated "both the prison's own rules and Pakistan's ban on cruel and unusual punishment."

> **God gave a new life to my brother and his execution was postponed.**
> Shugufta Sultana

Earlier, Amnesty International also urged Pakistan to halt Basit's execution and called for a moratorium on all executions in the country.

The Human Rights Commission of Pakistan said authorities have hanged 236 people since lifting a 2008 moratorium on executions in December, after a deadly Taliban attack on a school in the northwestern city of Peshawar killed 150 people, mostly children. But only one in 10 of the 236 prisoners executed since then has been convicted of a terror attack. International rights groups, including Reprieve and Amnesty, have urged Pakistan to stop executions.

THE ASSOCIATED PRESS

LUCKNOW, INDIA FEAR OF DENGUE A man selling chewable tobacco covers his wares as a municipal worker fumigates to prevent mosquitoes from breeding. Outbreaks are reported each year after the monsoon season that runs June to September. Many have died from the mosquito-borne disease in New Delhi this year. RAJESH KUMAR SINGH/THE ASSOCIATED PRESS

Pursue a Career That Allows You
to Help Others and Make a Difference.
Become a Community Support Worker.
Develop the foundation of knowledge you will need to make a real difference in the lives of others with a Community Support Worker diploma from Robertson College.
Register now! Next program starts November 2nd, 2015
ROBERTSON COLLEGE
robertsoncollege.com | 204.926.8389

AFGHANISTAN

Taliban head wants NATO out

The new Taliban leader on Tuesday released a message ahead of a major Muslim holiday, saying that for peace in Afghanistan, it is necessary to "end the occupation" of the country by all foreign forces — a reference to NATO troops.

Mullah Akhtar Mohammad Mansour also said that all existing military and security deals between the Kabul government and other countries must be revoked.

His message was likely an attempt by the newly appointed Mansour to reassure followers that he is keeping in tradition with his predecessor, the late Taliban leader Mullah Mohammad Omar, in releasing messages ahead of the Eid al-Adha holiday.

"If the Kabul administration wants to end the war and establish peace in the country, it must end the occupation and revoke all military and security treaties with the invaders," Mansour in the statement.

Mansour also urges the Taliban to unite and ignore "futile enemy propaganda" about disunity among the Taliban ranks.

> **Revoke all military and security treaties.**
> Mullah Akhtar Mohammad Mansour

There are still some Taliban commanders who oppose Mansour's leadership. Last week, after almost two months of differences, Mullah Omar's family announced their support for Mansour. Mullah Omar's brother, Mullah Abdul Manan, and eldest son, Mullah Mohammad Yaqoub, declared their support for Mansour in a gathering of senior Taliban officials, according to a statement posted on the Taliban website.

Manan also confirmed to The Associated Press that he and Yaqoub were now pledging their allegiance to Mansour. The pair, along with several other senior Taliban commanders, initially rejected Mansour's ascension.

THE ASSOCIATED PRESS

INDIA

Man buried alive in road repair

Road construction workers in central India killed a man when they accidentally buried him in a pit while repairing a road, police said Tuesday.

The road repair crew failed to notice that a drunken man had fallen into a crater on the side of the road in Sleemanabad, a village in Madhya Pradesh state. Working in the evening, the workers dumped gravel and an asphalt mixture into the pit, burying the man, before using a large roller to smoothen the road, said Const. Dhruvsingh Thakur.

The death was discovered when villagers noticed that part of the man's hand was visible in the road and police dug out his body on Monday.

The man, in his mid-30s, had gone to a village fair and later stopped at a liquor store. He was heading home when he fell into the pit and lost consciousness, his neighbours told Thakur.

Two workers of the road repair crew were arrested and have been charged with homicide. THE ASSOCIATED PRESS

Apple Watch fixes quirks

TECHNOLOGY

New software lets it do more but hardware stays the same

Attendees check out the product at a company event in March. THE ASSOCIATED PRESS FILE

Apple Watch's new software brings useful enhancements, though it's not the same as getting a new watch.

That same watch can now do more. For the first time, non-Apple apps are able to display video and use the watch's sensors and controls. In addition, the watch now works with Wi-Fi, extending how far you can go without a phone with you. These enhancements address many initial frustrations with the watch.

But the hardware itself isn't changing, apart for some new colour and band choices. Promised battery life remains at 18 hours, something Apple will need to address in upcoming generations given that rival smartwatches are promising more. For now, you might need to buy a spare charger to give the watch a power boost while you're sitting at work.

The watchOS 2 update for Apple Watch arrived Monday, delayed by nearly a week as Apple fixed an unspecified bug.

To update the watch, first make sure your phone has the latest software, iOS 9. Then go to the Apple Watch app on the phone, choose "General" and then "Software Update."

Apple's own fitness apps are smarter with Monday's update:

Before, the watch displayed only current pace during runs. Average pace is more useful, as it factors in the occasional errant readings. The watch finally lets you choose that instead, though you need to dig in the settings on the phone to change that.

The watch tracks mile-by-mile splits for the first time, matching what many apps, the Fitbit Surge and the Microsoft Band offer. It's not the same as choosing your own splits manually, such as after each lap on a track. But it's progress. The splits aren't displayed on the watch, though, but in the Activity app on the phone after you sync your workout.

The nagging reminders that you need to stand up if you've been sitting at your desk for too long can be paused if you happen to be on a flight or a road trip. And it's clearer whether you've already earned credit for standing during a given hour. A blinking blue bar appears in the Activity app on the watch if you haven't yet.

You also have more choices for watch faces: Choose photos of your kids or friends to appear on the main watch screen. Or choose time-lapse video from one of six cities. At 10 p.m. your time, you see what Paris or Shanghai looks like at 10 p.m. local time. It's cheaper than a flight. When charging, the watch functions like an alarm clock on a nightstand.

Beyond that, the watch update lets you reply to email and set more than 12 friends as favourites.

THE ASSOCIATED PRESS

IN BRIEF

Groupon to cut 1,100 jobs as it shrinks global ops

Groupon is cutting 1,100 jobs in the coming year, roughly 10 per cent of its workforce. The e-commerce and online deals company said in a blog post Tuesday that the cuts are mainly in its international business. Having already closed its operations in Greece and Turkey, Groupon said it is also leaving Morocco, Panama, the Philippines, Puerto Rico, Taiwan, Thailand and Uruguay. The company said it wants to focus on fewer countries.

THE ASSOCIATED PRESS

market minute

DOLLAR 75.43¢ (-0.07¢)

TSX 13,491.09 (-288.35)

OIL $46.36 US (-60¢)

GOLD $1,124.80 US (-$8.00)

NATURAL GAS: $2.577 US (+0.4¢)
DOW JONES: 16,330.47 (-179.72)

IN BRIEF

VW scandal widens

Volkswagen AG's emissions scandal crisis escalated Tuesday as the company issued a profit warning, set aside billions to cover the fallout and lost billions more in market value. The developments came as Volkswagen stunningly admitted that some 11 million of its diesel vehicles worldwide contain software that evades emissions controls, not just the half a million revealed by the U.S. Environmental Protection Agency.

THE ASSOCIATED PRESS

Peanut exec gets 28 years

Before he was led from the courtroom en route to prison, Stewart Parnell apologized years after his company's peanut butter spawned a deadly outbreak of salmonella poisoning in 2009 blamed for killing nine people and sickening 714. A judge Monday sentenced the 61-year-old former Peanut Corporation of America owner to 28 years in prison. It's the harshest criminal penalty ever for a U.S. producer in a food-borne illness case.

THE ASSOCIATED PRESS

ECONOMY

RBC sees growth slowing even more

Ongoing weakness in the energy sector has prompted RBC Economics to downgrade its latest forecast for the Canadian economy.

It says Canada's real GDP is projected to grow 1.2 per cent this year — down from its June prediction of 1.8 per cent.

However, RBC says while the economy contracted mildly in both the first and second quarters of 2015, the depth of the decline was marginal and the weakness was concentrated mostly in the energy sector.

Provincial economies continue to be divided between oil producers and oil consumers, with the fallout from plunging oil prices significantly lowering the outlook for economic activity in Newfoundland and Labrador, Alberta and Saskatchewan. RBC says the prospects for Ontario, British Columbia, Quebec are brighter, as well as for most of the other oil-consuming provinces.

THE CANADIAN PRESS

Mac's stores being renamed Circle K

Alimentation Couche-Tard is retiring the 54-year-old Mac's convenience store brand as it unites under the Circle K banner in most areas of the world.

The change has been in the works for more than two years and follows several acquisitions that have added different brands to the Quebec-based company since 1980.

CEO Brian Hannasch said the change will accelerate the introduction of new products such as its house-brand coffee across the network.

The company, which will keep its Couche-Tard banner in Quebec, will begin rolling out its Circle K brand to other parts of Canada in May 2017, following rollouts in the U.S. and Europe that begin next year.

Mac's Milk Ltd. was founded in 1961 by Ontario businessmen Ken and Carl McGowen. It changed to Mac's Convenience Stores in 1975, after being taken over by Silverwood Dairies. THE CANADIAN PRESS

GET TICKETS

VS

FRIDAY, SEPT. 25TH
AT 7:30 PM

GET YOUR TICKETS TODAY!

BLUEBOMBERS.COM
204-784-7448

BRING YOUR COWBELL

VS

FRIDAY
SEPT. 25TH
7:30 P.M.

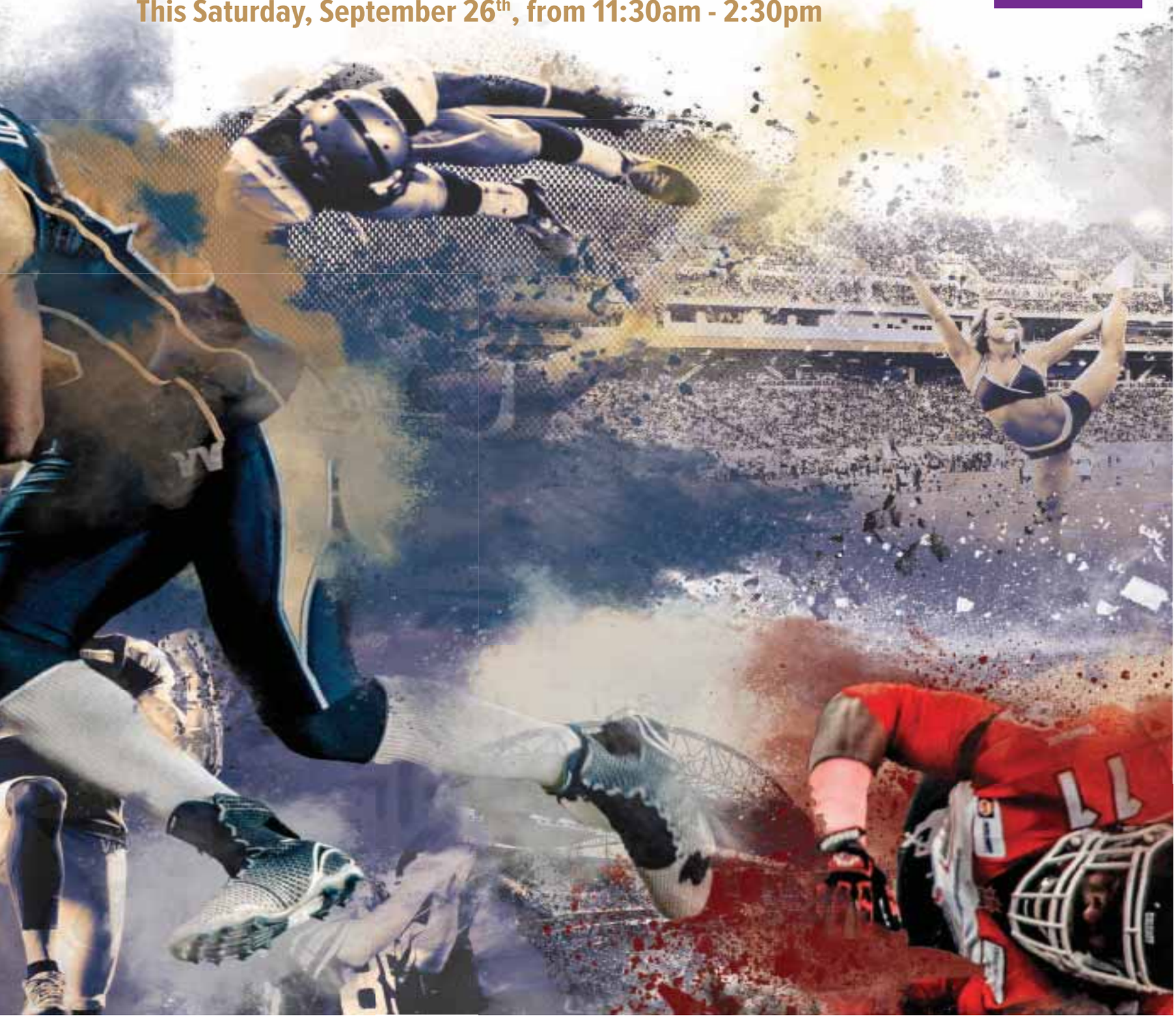
BLUEBOMBERS.COM
204-784-7448

GAME SPONSOR webber naturals

WINNIPEG BLUE BOMBERS FAN APPRECIATION DAY

GAME SPONSOR webber naturals

This Saturday, September 26th, from 11:30am - 2:30pm



metro VIEWS

Rockon: A new method of extracting water from asteroids could bring long-haul spaceflight closer — though not everyone agrees the whole universe should be ours to mine for resources.

THOMAS WALKOM: IN CONVERSATION WITH ROBERT FISK

Persuading locals to fight the West's wars is a traditional strategy in the Middle East, Fisk notes. But this one isn't working.

How is Canada's war in Iraq and Syria going? I put that question to veteran Middle East journalist Robert Fisk.

His answer: Badly.

Fisk is Middle East correspondent for Britain's Independent newspaper. He's been covering the region for more than 35 years. Based in Beirut, he goes regularly into Syria. Earlier this year, he spent nine days travelling along the front lines of that country's bitter civil war.

Right now, he's on a whirlwind, cross-country lecture tour organized by Canadians for Justice and Peace in the Middle East. On Thursday, he'll be speaking in Toronto. I caught up with him by phone earlier this week in Victoria, B.C.

Fisk calls the U.S.-led bombing campaign in Iraq and Syria "preposterous." America, Canada and other nations taking part claim to be targeting so-called command and control centres of the Islamic State (ISIL). But in this war, he says, such centres simply don't exist.

"I don't think the U.S. is serious," he says. "Very occasionally, you can hear the rumble of American bombs. But they're certainly not having much effect."

Nor is he optimistic about Western efforts to train Iraqi, Kurdish and Syrian ground forces to fight the Islamic State.

Persuading locals to fight the West's wars is a traditional strategy in the Middle East, he notes. But this one isn't working.

Iraqi Kurds, including those trained by Canadian soldiers, have held their ground. But they have not been able to make major advances against ISIL.

TEAM WORK Canada has primarily an "advise and assist" role in the campaign against the group calling itself Islamic State. In May the prime minister visited participants in the mission conflict journalist Robert Fisk says is "not doing any good."
SEAN KILPATRICK /THE ASSOCIATED PRESS

Attempts to train so-called Syrian moderates have flopped miserably. A top U.S. general admitted ... only "four or five" American-armed rebels are still fighting ISIL. The aim had been to train 5,000.

Attempts to arm and train so-called Syrian moderates have flopped miserably. A top U.S. general admitted to Congress last week that after a year's effort, only "four or five" American-armed moderate rebels are still left fighting ISIL in Syria.

The aim had been to train 5,000.

How do we deal with ISIL then? Fisk doesn't claim to know all the answers. Nor does he claim to fully understand ISIL, which he calls a "cult, the likes of which we've never seen before."

But he does say the solution lies in the geopolitics of the region and the four-year-old Syrian civil war.

The roots of that civil war began when thousands of the country's rural poor, dispossessed of their land by drought and inept government policy, began to migrate into the suburbs of major cities like Damascus.

It was a volatile mixture that eventually exploded into a social revolution pitting the poor against the urban middle class.

At about the same time, the U.S. was beginning to rethink its approach to the Middle East. Before he was deposed in 1979, the Shah of Iran had been America's key proxy in the region. The installation of a Shiite anti-American government in Tehran forced Washington to rely exclusively on Sunni dictatorships such as Saudi Arabia.

But the 9/11 attacks, followed by the war against Afghanistan's Taliban, caused some in the upper echelons of American foreign policy to rethink the country's Middle East strategy.

Both Al Qaeda and the Taliban had been nurtured ideologically on Saudi Arabia's strict Wahabi version of Sunni Islam. Fisk speculates that America is getting ready to draw away from Sunni Gulf states and instead re-forge its historic ties with Shiite Iran.

This is the context for the spectacular and unexpected rise of yet another Wahabi-inspired fighting group — ISIL.

To Fisk, ISIL is not an ideological movement, however misguided. Rather, it is an emotionless machine — a weapon designed to counter any American shift toward Shiite Iran.

Whose weapon? He didn't exactly answer that question. But he did say that peace can come only when Gulf states such as Saudi Arabia and Qatar make clear to ISIL that the game is over.

As for the Syrian civil war that is driving the current refugee crisis in Europe, Fisk reckons that Russia, Iran and the U.S. are already trying to work out a deal.

Syrian dictator Bashar Assad will probably be allowed to stay in power for a while. The key to ending the violence inside Syria, however, will be a massive reconstruction effort involving aid to the dispossessed.

In the meantime, he says, the U.S.-led war to which Canada is contributing serves no useful purpose. "Abandon it," he says. "It's not doing any good."

Thomas Walkom is a national affairs writer for the Toronto Star.

URBAN ETIQUETTE
ELLEN VANSTONE

Two people in my office are having an affair. It's against the rules. Should I tell them I know?

Dear Ellen,

I just found out two people in my office are having an affair, which is against the rules. I don't want to report it, but should I tell them I know?

Teri, Halifax

Dear Teri,

Could you be any more circumspect? Details! Details! And I don't mean salacious ones — it would be crass to pass along graphic descriptions of who's grinding whom up against the supply closet.

Before I can give advice, I need to know more about these rules. Unless you're working in the front office of a nunnery, or all the employees are underage — in which case, there is a much more pressing issue of child labour — it's not kosher for your employer to forbid inter-office liaisons.

Not that getting intimate with co-workers is smart. Let's just say it's best to ingest food in one location, and to eliminate bodily waste products in another, different location.

I'm not saying there should be no rules at all. A workplace should make it clear senior staff are forbidden intimate relationships with juniors, and especially with any employee who directly reports to them. The reasons are endless: The power imbalance might make the junior employee feel coerced, the junior employee might exert their own sexual power to get favours from the manager. Other employees may assume the junior employee is getting special treatment and resent it.

Finally, if by "affair," you mean one or both the participants are married, then you do have a problem. Just knowing about it can make you feel implicated in lies, which isn't good for morale or the soul.

And yet, people fall in love, sometimes with people they shouldn't. You can't force nature, or human nature, to behave just because you said so. If you're dealing with two people who are truly in love, scrupulously respecting the hierarchy at the office and discreetly pursuing a relationship, that's nobody's business. Not so if you're being subjected to distasteful displays of workplace lust. As a general rule, try to stay out of either situation. It's like dealing with disgusting items in the work fridge or disgusting messes in the company bathroom: You just gotta grit your teeth and accept it.

metro
Your essential daily news

STAR MEDIA GROUP PRESIDENT
John Cruickshank

VICE PRESIDENT & EDITOR
Cathrin Bradbury

VICE PRESIDENT & GROUP PUBLISHER METRO WESTERN CANADA
Steve Shrout

MANAGING EDITOR WINNIPEG
Elisha Dacey

ADVERTISER INQUIRIES
adinfowinnipeg@metronews.ca
General phone 204-943-9300

FREE TO SHARE

PHILOSOPHER CAT
by Jason Logan

metro LIFE
Your essential daily news

Glee actor Chris Colfer signs multi-year deal for his Land of Stories fantasy books

Everybody's done it like he did it

FOOD

Drake is just one of many Canadian celebs getting in the eatery biz

Melissa Dunne
For Metro Canada

Beyoncé dropped a surprise album, now Drake has dropped a surprise restaurant.

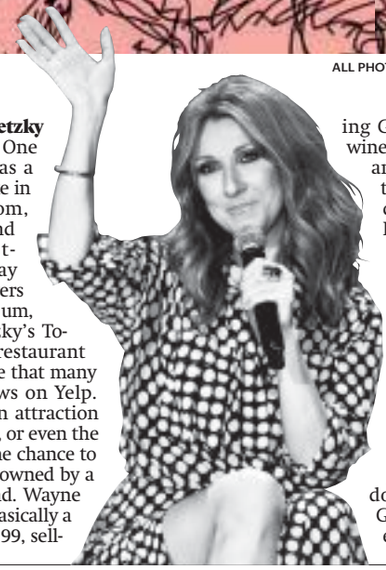
The rapper reportedly rolled up in a Rolls-Royce to his star-studded party for Fring's in the heart of The Six Monday night. Details are scarce, but Fring's is said to be a collaboration with celebrity chef Susur Lee and his two sons, who are relatively new to the restaurant game.

Toronto's very own follows in the footsteps of several fellow Canadian entertainers who gotten into the brutally competitive food business over the years, with many getting burned in the process. But, hey, YOLO, right?

ALL PHOTOS: INSTAGRAM/GETTY IMAGES. ILLUSTRATION BY FERNANDO CICCOTOSTO

Wayne Gretzky

The Great One reportedly has a minority stake in a dining room, sports bar and rooftop patio steps away from the Rogers Centre called, um, Wayne Gretzky's Toronto. The restaurant doesn't have that many great reviews on Yelp. But, the main attraction isn't the food, or even the drinks, but the chance to be in a place owned by a hockey legend. Wayne Gretzky's is basically a shrine to No. 99, selling Gretzky-branded wine, tank tops, caps and even mugs. If the music money dries up, perhaps Drake should consider selling tees with an X through Meek Mill's face on them and The Six stickers at Fring's.



Ryan Gosling

Hey girl, did you know London, Ont.'s Ryan Gosling co-founded Tangine Beverly Hills? The restaurant website, for some reason, has a closeup shot of a light bulb instead of one of Gosling's abs from that Emma Stone movie. The food at the "Moroccan hideaway in Beverly Hills" has gotten solid reviews, but over the years Yelpers have given Gosling bad reviews for not visiting the resto often enough for their taste. Likewise, Fring's customers are gonna want to see Aubrey Graham and his newly swole physique at his new King West spot like every day, every day.

Céline Dion

Charlemange, Que.'s, Céline Dion may be back performing in Las Vegas these days, but she hasn't forgotten La Belle Province. She co-founded the mercilessly mocked Nickels restaurant chain in the '90s. Dion has since moved on. These days, the chanteuse and her husband are reportedly part of a group who now own the iconic Schwartz's Deli in Montreal. When the delicatessen started selling its famous smoked meat in supermarkets purists were très upset. Hopefully a diss track about Fring's specialties at your local Loblaws isn't in Drake's future.

Ivan Reitman

If you want some world-famous roast chicken who you gonna call? Ivan Reitman! That's because the Canadian-bred director and actor is part of a group who own Montecito. When the well-reviewed restaurant opened last year right before the Toronto International Film Festival last year, the owners didn't shy away from celebrating some of Reitman's greatest hits. There was even a baked Alaska on the menu in homage to the Stay Puft Marshmallow Man from Ghostbusters when the downtown restaurant opened. Perhaps the Lee boys can whip up a Started From the Bottom upside-down cake for Fring's, which coincidentally happens to be only about a block away from Montecito.

If you're texting, who's driving?

Manitoba Public Insurance

Sweet duo, sweet new recipes

Metro Canada has teamed up with the Sweet Potato Chronicles' **Ceri Marsh** and **Laura Keogh** to bring you a week's worth of quick, easy and healthy meals. Starting Monday, we will feature a daily delicious recipe from the culinary duo. To get you ready, these busy moms lay out some of the essentials you'll need in your pantry and a handy shopping list to take to the store.

Ceri Marsh & Laura Keogh
For Metro Canada

Hi readers! We're Laura and Ceri and we're thrilled to be joining the team at Metro to bring you The Daily Meal. Creating healthy, simple recipes is something we've been doing for years on our site, Sweet Potato Chronicles, and in our own lives as parents of young kids and lovers of delicious food.

We're passionate about the benefits of real food made at home (health, savings, family bonding), but we're also acutely aware of how hard it can be to pull off (we're regularly wistful for the days of our youth when a bowl of cereal eaten over the sink could be dinner.)

To start this off right, let's talk pantries. In addition to having great, reliable go-to recipes, creating a smart, well-stocked pantry is key to being able to pull off home-cooked meals, even on the busiest nights. There's no need to re-invent the wheel every time you step in the kitchen. Here's how we do it.

How to begin

We think of a pantry as being made up by your cupboards, freezer and fridge — anywhere you keep basics.

You don't need an enormous pantry to support your cooking efforts. You just need the one that works for you and what you like to eat.

The pantry of someone who likes to bake is going to look quite different from that of someone who loves soups and stews. Start, not by filling up your cupboards, but by purging them.

Get everything out of your cabinets then give every shelf, rack and drawer a good wipe down with warm, soapy water. Critters love pantries as much as we do, sadly, and regular cleaning is the only way to keep them out.

Toss things you're not using regularly. Are you really going to bake with that candy cane syrup you got last Christmas?

If not, happy trails.

What You Need

1. *In the cupboard!* Oils and vinegars. You should have olive oil, a neutral oil, such as canola or grape seed, white vinegar (good for cleaning as well as eating) and a couple of flavoured versions for salad dressings, like balsamic and apple cider vinegar. Keep oils and vinegars close to your workspace but away from light and heat.

2. Canned vegetables and beans. A good selection of canned tomatoes, chickpeas, kidney or black beans means you're already halfway to a home-made dinner.

3. Dry ingredients. Most households need all-purpose flour, but you may also want whole wheat or gluten-free alternatives. You'll want white and brown sugar, baking powder and baking soda. Think about which starches you like and stock up on rice, couscous, oats and quinoa accordingly.

4. Salt and pepper. Keep small amounts (so they stay fresh) of these all-stars on your counter where you can reach for them constantly.

5. *In the fridge!* You'll want butter, milk, eggs and yogurt on hand most weeks, as well as basics like chicken or vegetable stock, Dijon mustard and mayonnaise. Onions, garlic and ginger will get many recipes started.

6. *In the freezer!* This is the often-forgotten hero of a rock-solid pantry. Of course proteins like shrimp. ground turkey or beef are good to have in the freezer, but so are pizza dough, an extra loaf of bread, berries and veggies. Many nuts and seeds will last longer if they're kept in the freezer.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

metroFOOD NEW RECIPES Daily

Laura and Ceri say a well-stocked pantry is something every home-cooking devotee needs to keep delicious food coming on the regular. COPYRIGHT © 2013 MAYA VISNYEI PHOTOGRAPHY

GET ORGANIZED

Now that you've got the elements of your pantry together, you need to make it simple to use. Invest in an assortment of mason jars or other glass containers in large, medium and small sizes, and stickers for labelling. Taking ingredients out of their original boxes and bags and placing them into transparent containers makes it easier to see what you have and much easier to keep tidy and clean.

ZESTY CHICKEN WITH RED BEANS AND RICE

Ceri's favourite weekend family meal

This hearty dinner is great to make ahead.

Prep time: 5 minutes
Cook time: 60 minutes
Serves: 4

Ingredients
- 1/4 cup flour
- 1 1/2 Tbsp chili powder
- 1/4 tsp salt
- 1/4 tsp pepper
- 6 chicken thighs
- 1 Tbsp olive oil
- 2 cloves garlic, minced
- 1 15 oz can of kidney beans
- 1 19 oz can of tomatoes
- 3/4 cup chicken stock
- 1 cup frozen or fresh corn
- 1 cup brown rice
- Small handful of cleaned, chopped cilantro
- 1 or 2 limes, quartered

Directions
Preheat the oven to 350 degrees.

On a plate, toss together the flour, chili and salt and pepper. Dredge the chicken through the mixture.

In a large Dutch oven or oven-proof pot, heat up the olive oil to medium high.

Brown the chicken on both sides, don't worry about cooking the meat through. You may have to work in batches.

Place the browned chicken on a clean plate and put aside. Drain excess fat from the pot.

Turn the heat down a touch in your pot and add the garlic, allow it to soften up and become fragrant, but not brown.

Add your beans, tomatoes, stock corn and rice. Give everything a stir and scrape up anything that is sticking to the bottom.

Break up the tomatoes with the back of a wooden spoon or you can use my favourite trick and gently use a potato masher. Raise the heat again and bring the mixture to a boil.

Place the chicken pieces on top of your tomato-y mixture, cover with a lid, and place in the oven for 45 to 50 minutes. Pull out a couple of grains of rice to be sure they're cooked. Serve immediately with a sprinkling of cilantro and a squeeze of lime juice, or cool and place in the freezer to reheat later.

Few things are better than knowing this little baby is waiting in the freezer after a long day of work. MAYA VISNYEI

SHOPPING LIST

Here's what you'll need for the first week of Sweet Potato Chronicles' recipes, launching in Metro Monday:

Avocado, Lettuce and Tomato Sandwich
- 4 basil leaves, torn
- 1/2 avocado, pitted and mashed
- 1 tsp lemon juice
- 1 tomato
- 1 tsp olive oil
- 1/2 head of Boston Bibb lettuce
- 4 pieces of multi grain bread, toasted
- Sea salt

Kale Chicken Salad
- 2 boneless, skinless chicken breasts
- 1 Tbsp olive oil
- 1 small head of kale
- 1 cup blueberries
- 1 cup pecans, roughly chopped
- 1/2 cup crumbled goat cheese
- Dressing

One Skillet Tomato Basil Chicken Pasta
- Kosher salt and pepper
- 3 Tbsps extra virgin olive oil
- 1 lb boneless, skinless chicken breast
- 4 cloves of garlic, minced
- 1 28-ounce can of tomatoes
- 1 1/2 cups low-sodium chicken broth
- 1 cup water
- 2 cups penne pasta
- 1 cup freshly shaved parmesan cheese, more for garnish
- 1 cup fresh basil leaves

Halibut Tacos with Strawberry Salsa
- Olive oil
- 1 pound halibut fillets
- 1/2 tsp salt, divided
- 1/4 tsp pepper
- 1/4 tsp ground coriander
- 1/2 tsp ground cumin
- 1 tsp ground garlic
- 6 to 8 small corn tortillas
- 1 cup hulled and diced strawberries
- 1 cup watermelon cubes, diced
- 1/4 cup diced red onion
- 1 Tbsp lemon juice
- 1 Tbsp fresh chopped cilantro
- 1 avocado, sliced for garnish

Mushroom Barley Soup
- 2 Tbsp olive oil
- 2 or 3 cloves of garlic, minced
- 1 onion, diced
- 2 medium carrots, peeled and diced
- 2 stalks of celery diced
- 1 lb of cremini mushrooms, brushed clean and sliced
- 2 Tbsp fresh thyme (less if using dried)
- 3/4 cup of pearl barley
- 5 cups of stock
- Salt and pepper to taste

QUICKMEAL

This delicious meal is ready in under 25 minutes. MAYA VISNYEI

SPINACH, SUN-DRIED TOMATO AND BASIL PENNE

Laura's weekday go-to recipe for quick supper

I love knowing that I can get this delicious flavour bomb on the table in under 25 minutes.

Prep time: 5 minutes
Cook time: 15 minutes
Serves: 4

Ingredients
- 500g penne pasta
- 3 cups baby spinach
- ¼ cup diced sun-dried tomatoes (not packed in oil)
- ¼ cup olive oil
- 1 large clove garlic
- ½ cup shaved Asiago cheese, plus 1 Tbsp
- 1 handful of basil leaves (about 20), chiffonade (rolled together and then cut into long strips)

Directions
Prepare pasta according to package directions in well-salted water. During the last minute of cooking time, drop the spinach and sun-dried tomatoes into the water.

Reserve 1 cup of cooking water then drain pasta.

Pour drained pasta and vegetables back into pot and then mix in olive oil.

Using a microplane, grate garlic into the pasta, add in the cheese, and stir.

Loosen up your sauce by adding a tablespoon of the reserved pasta water at a time until you reach your desired consistency.

Serve the dish with basil and Asiago sprinkled on top.

Southern influence a hit with foodie tastemakers

Theresa Albert
For Metro Canada

Artisan sodas are perfect for mixing cocktails. THERESA ALBERT

A couple of key food trends emerged out of this weekend's Food and Wine show in Toronto: chicken and waffles are taking over the spot left by those bored of pulled pork and burger sliders, and artisan sodas are being used to elevate cocktails.

Blue Goose Pure Foods provides humanely raised chicken to grocers across the country. Their birds are cage, antibiotic and hormone free (by the way, all chicken is hormone free in Canada).

But it isn't such snooty food that it can't be breaded and fried and placed on a sweet waffle with a barbecue sauce drizzle.

This dish has the very same salty/sweet goopy but crispy decadence of its predecessor the pulled meat sandwich but offers a soft fluffy bed of something normally thought of as dessert or breakfast.

Every chef will have her version just like everyone's aunt in the American south has her own secret recipe.

With soda sales on the decline but our love of the stuff still strong (not to mention critical in a mixed drink worth its salt), it was only a matter of time before artisan pops started to spring up. Split tree Cocktail Co. is one that stood out.

They insist that you stop putting "crappy mixes in with expensive spirits" and offer up handmade mixes in small batches with whole ingredients.

Their vanilla syrup makes a smooth accompaniment to any rum; rhubarb and grapefruit cordials will inspire your vodka; and a uniquely bitter but bright tonic will add some love to your gin.

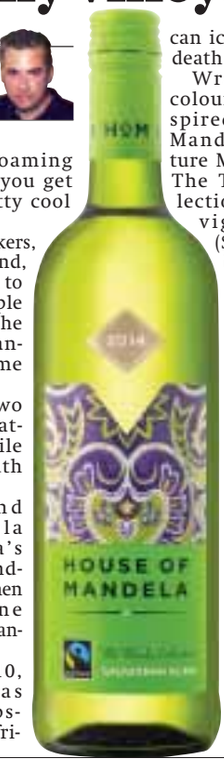
We are simply creatures of habit who love our childhood palate pleasures but now we want them to have a grown up-worthy pedigree.

Theresa is an on-camera food and health expert, nutritionist and writer who loves to spread the word on food

LIQUID ASSETS

Mandela lives on at family vineyard

Peter Rockwell
For Metro Canada



When you're a roaming wine guy like me you get to meet some pretty cool folks.

There are winemakers, industry bigwigs, and, once in a while, I get to hang out with people that, while part of the wine industry, transcend it at the same time.

I got to meet two members of the latter over lunch while in Cape Town, South Africa last week.

Makaziwe and Tukwini Mandela (Nelson Mandela's daughter and granddaughter) are the women behind the wine from the House of Mandela.

Founded in 2010, the venture was given the thumbs-up by the South African icon before his death in 2013.

Wrapped in a colourful label inspired by Nelson Mandela's signature Madiba shirts, The Thembu Collection 2014 Sauvignon Blanc ($11.29-$14.99) is a fresh, ripe white showing classic varietal fruit making it a perfect mate with shellfish and pork.

Fair trade certified, a portion of its sales will go to South African charities.

Prices reflect the range across the country.

Some products may not be available in all provinces.

Writing you can really sink your teeth into

COOKING

Authors from Tofino to P.E.I. awarded Taste Canada prizes

Culinary personality Michael Smith won a Taste Canada food writing award Monday for his eighth cookbook, Family Meals (Penguin Random House Canada).

The P.E.I. chef's 2014 book featuring 100 recipes was the winner in the general cookbooks category.

From the other side of the country, Vancouver Island chef Lisa Ahier and Andrew Morrison won for The SoBo Cookbook: Recipes from the Tofino Restaurant at the End of the Canadian Road (Appetite by Random House) in the regional/cultural category.

La récolte by Bernard Dubé (Bernard Dubé) won in the same category for French language books.

Mary-Ann Kirkby was recognized in the culinary narratives category for Secrets of a Hutterite Kitchen: Unveiling the Rituals, Traditions and Food of the Hutterite Culture (Penguin), and Duchess Bake Shop by Giselle Courteau (Duchess Bake Shop, Edmonton) was the winner in the single-subject cookbooks category.

Family Meals won a Taste Canada award. HANDOUT

In recognition of food writers who publish online, Taste Canada handed out a new award this year to honour the best Canadian-authored independent food-related blog post.

Allison Day's Whole Roasted Cauliflower with Hazelnut, Orange and Saffron (Yummy Beet) won in English, while Christelle Tanielian was the recipient for the French blog post Pizza 3 minutes: saucisses italiennes, épinards, tomates cerises, cœurs d'artichauts et mozzarella (Christelle is Flabbergasting).

Winners were determined after reviewing 69 books and 27 blog entries.

This year's Hall of Fame Awards were handed out to Rose Murray, who has written more than 10 books on Canadian cuisine, Canadian Cook Book author Nellie Lyle Pattinson (1873-1953), and Ryerson teachers Helen Wattie (1911-2009) and Elinor Donaldson Whyte, who updated Pattinson's 1923 text.

THE CANADIAN PRESS

Revisit your resumé and keep it fresh

CONTRIBUTED

September is International Update Your Resumé Month and, says a senior recruitment consultant at Manitoba's largest recruitment firm, it's the ideal time to revisit your resumé.

"You never know when you'll need your resumé," says Trevor Finch, senior recruiter in Pinnacle's construction division. "You should be constantly asking yourself, 'What have I done this year to make myself more sellable?'"

As part of his job, Finch goes through hundreds of resumés a month. He says that while we have been taught "resumé rules", there is actually no one technically correct way to crafting one.

"While chronological order makes sense because it's like telling a story, don't be afraid to pluck out the highlights and put them at the top," he says. "People often don't lead with their strengths and there is nothing wrong with repeating yourself. It's like advertising, when you repeat the message it becomes more sellable."

In addition to burying strengths, Finch lists typos and lack of attention to details as other common errors. He says proofreading a resumé may seem elementary, but it can make or break your sales pitch.

"If I read something with glaring mistakes, I'm going to use that as a judgment of your abilities," he says. "I may also question how much you want this job."

To make your resumé stand out, Finch recommends being aware of these common errors, focusing on accomplishments and not being afraid to offer specifics.

"Breaking down details makes the resumé richer," he says. "Most of us are hired to make or save the company money, or make a process more efficient. If you can bring it back to the bottom line, you will get everyone's attention."

On the flipside, hiring the best candidate can also be an overwhelming task for employers when resumés start rolling in. That's where Pinnacle comes in, says Finch.

"We become the vetting process," he says. "As a recruiter, I become the first interview. I meet them and make sure their skills and their personality match the job. Then I come to the employer and tell you about more than a resumé — I tell you about a person."

The right fit is not always obvious, but that's where we come in.

Let us introduce you to the accounting and finance professional who is best suited to your industry's needs.

- *Executive & Professional Search*
- *Permanent, Interim & Contract Staff*

accountants now
Accounting & Finance Recruitment
A Pinnacle Company

GET STARTED TODAY!
www.accountantsnow.jobs
204.926.2210

PINNACLE

WWW.PINNACLE.JOBS
204.943.8649

WE'LL HELP YOU LOVE MONDAYS AGAIN...

EXECUTIVE & PROFESSIONAL SEARCH

SPECIALIZED DIVISIONS
Accounting & Finance | Construction | Executive & Management
Engineering & Technology | Human Resources | Insurance
Information Technology | Manufacturing & Operations
Office Management & Administration | Sales & Marketing
Procurement & Supply Chain | Restaurant & Hospitality

STAFFING & RECRUITING
Term | Temporary | Direct Hire

SPECIALIZED DIVISIONS
Office & Administration
Contact Centre & Customer Service
Industrial & Skilled Labour

metro DRIVE

Your essential daily news

Janis Joplin's psychedelic Porsche to be sold after 20 years at Rock and Roll Hall of Fame

It's time to grow up, family guy

ROAD TESTED

REVIEW

Honda Odyssey a comfy choice for getting the group around

Mike Goetz
For Metro Canada

There is something honourable and right about abandoning all pretence of your pre-child rearing years, and just rolling with the soccer tournament years. Live in the moment, as they say, and embrace the Pixar flicks, Happy Meals, and temper tantrums at Walmart. And nothing says you're "all in" like the minivan.

If you're ready, the minivan you should seriously consider is the Honda Odyssey. The Odyssey was not the first modern minivan — that's Chrysler's claim to fame. But the Honda version has been developed and tweaked through the years to become a long-standing Canadian favourite, with an undeniable blend of attributes for the money.

This minivan has good bones, with Honda's exemplary 3.5-litre V6 hooked up to a six-speed automatic transmission, and a multi-link rear suspension (not usually found on minivans), which contributes to it being one of the better handling and driving minivans you can buy. It's not in sports car territory, but it hides its weight and bulk well through almost all driving manoeuvres.

Two, stacked information screens dominate the front of the cabin. This allows you to fool around with navigation, for example, while still displaying your stereo information, but it's not anywhere near driver-interface nirvana. The system is not quite intuitive, and there is some lag while you figure out which screen to consult and use, but we're pretty sure that over time familiarity will make it completely OK.

The middle seat in the second row allows for seating up to eight, and when it's not used it can slide a bit, to give rear passengers a bit more elbowroom.

I found the second-row captain chairs came out easily, but went back in less easily. If you often need your minivan for its full "devoid of seats" cargo area, a Chrysler minivan with the Stow 'n Go feature would be the way to go.

But the Odyssey really shines behind those second-row seats. The last row can seat three in relative comfort, and disappears easily and brilliantly to create a huge rear cargo area.

Odyssey is available with forward collision warning and lane departure warning systems, but the safety feature you'll probably get more use of is Honda LaneWatch, which uses a camera mounted on the passenger side mirror to throw an expanded view of that side of the roadway onto the information display.

Other features families will surely appreciate are the temperature controls for all three seating areas and an available rear DVD entertainment system.

It's the full family package, when you're ready to man/woman up.

THE CHECKLIST | 2015 HONDA ODYSSEY

THE BASICS

Type. Five-door minivan
Power. 248-hp, 3.5-litre V6
Transmissions. 6-speed automatic
Price. Base $30,250 (plus destination)

NOTABLE FEATURES

- HondaVac in-vehicle vacuum helps keep vehicle tidy
- Two infotainment screens means one function doesn't have to be closed to navigate another
- Honda LaneWatch uses camera on passenger door mirror to expand view of roadways
- Seating for eight, in relative comfort

MIKE GOETZ/FOR METRO

POINTS

- Current generation model introduced in 2011, with a major facelift in 2014
- Since 2014, hood, front fenders, and front suspension built of aluminum
- Strong seller in a declining minivan market

MARKET POSITION

- Mainstream minivan for families deep in their minivan years
- Premium and powerful V6 engine, with fuel-saving cylinder de-activation technology
- Styled to look, as much as possible, unlike a minivan

THE COMPETITION

Chrysler Town & Country
Base price: $44,195

Kia Sedona
Base price: $27,695

Ford Transit Connect Wagon
Base price: $27,579

Birchwood SERVICE | Better Price. Better Service. Guaranteed.

PRICE MATCH GUARANTEE
PRICE MATCH WITH NAPA AUTO PARTS

Birchwood Auto Service will price match aftermarket parts using quality NAPA Auto Parts. Some restrictions apply.

What's better about Birchwood Service?

BENEFIT #7: Get 6 months free roadside assistance with every visit.

View all the benefits at: **birchwoodautoservice.ca**

The ins and outs of a transmission

DRIVING FORCE

Best automatic transmission is one the driver doesn't notice

Jil McIntosh
For Metro Canada

Whenever you put your vehicle in gear, you're engaging a vital link between its engine and its wheels. Whether you have a stick shift or an automatic, you're not going anywhere without a transmission.

"The transmission transfers and multiples the torque from the engine to the driving wheels," says Jeff Lux, vice-president for powertrain transmission at Fiat Chrysler Automobiles. "If we only had a shaft between the engine and the wheels, you could only go so fast because the engine has a limit."

Engines make their power when internal pistons move up and down to turn a central crankshaft. Coupled to the transmission, the crankshaft's spinning motion eventually turns the wheels. That motion is measured in revolutions per minute, or r.p.m., the number indicated on the tachometer in the instrument cluster. The crankshaft spins faster on acceleration, while the transmission's lower gears transmit maximum power to get the vehicle moving. On the highway, the transmission's higher gears maintain the vehicle's speed while the crankshaft slows down, which improves fuel economy.

As you slow down or speed up, an automatic transmission selects the best gear to keep the engine at its optimum r.p.m. With a standard transmission, the driver has to pay attention to clues, including the tachometer and the engine's sound, and shift to the appropriate gear.

Putting the transmission in Neutral disconnects it from the engine, so that even though the engine is running, no power is being sent to the wheels. The Park position on an automatic actuates a mechanism that locks the park gear and prevents the vehicle from moving.

While some automatic transmissions had only three speeds right into the 1990s, six-speed units are now among the most common, while some of Chrysler's have eight or nine speeds.

While a transmission with more gears also tends to shift more often, the engine's speed doesn't rise or fall as dramatically during the gear changes, so the process can feel smoother to the driver.

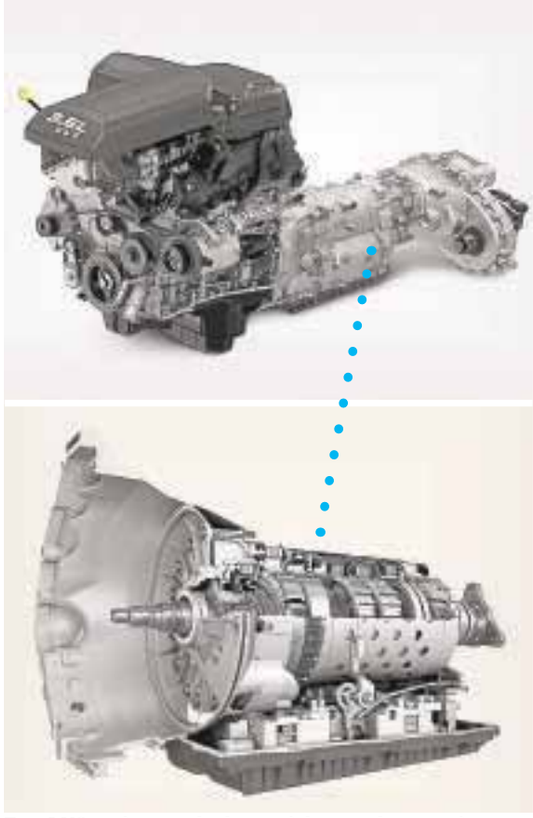
One drawback is that, on an incline, a transmission with numerous gears may shift too much as it tries to keep the engine in its sweet spot, commonly called "gear hunting." Engineers have to program the transmission's software to try to avoid the problem.

The best automatic transmission, Lux says, is one that's designed so the driver hardly notices what it's doing.

"When it's shifting, people want the transmission to work and forget about it," he says. "It's like when your refrigerator is cold and you don't think about it twice."

GEARS, ETC.

- Continuously variable transmissions, or CVTs, are automatics that use pulleys and belts instead of gears.
- Automatic transmissions contain oil and filters that should be periodically changed to help ensure a longer lifespan.
- Manual transmissions have gears that slide when the shifter is moved, while automatics use gear sets that turn inside the transmission.



Top: A V6 engine attached to an eight-speed automatic transmission. Bottom: The inside of Chrysler's eight-speed automatic transmission. PHOTOS COURTESY FCA

Ford
EMPLOYEE PRICING
ENDS SEPTEMBER 30TH
WHEN
YOU CAN STILL PAY WHAT WE PAY*
IT'S EASY TO GET INTO A FORD
TASHA M.
SHOPPING FOR A FORD
NADINE Y.
SHOPPING FOR A FORD
THE 2015 ESCAPE S FWD
LEASE FOR ONLY $128@2.49% APR
BI-WEEKLY FOR 48 MONTHS WITH $1,195 DOWN.
OR OWN FOR ONLY $23,352**
Offers include $2,237 in total price adjustments.
Freight and air tax included.
S model shown
ESCAPE IS THE #1 SELLING SUV IN CANADA
FOR THE PAST 8 YEARS (2007 - 2014)x
THE ALL-NEW 2015 F-150
EMPLOYEE PRICE ADJUSTMENT $8,354
DELIVERY ALLOWANCE $4,000
TOTAL PRICE ADJUSTMENTS $12,354**
(PLATINUM SUPERCREW 4X4 AMOUNT SHOWN)
Platinum model shown
• BEST-IN-CLASS TOWING & PAYLOAD‡
• MILITARY-GRADE ALUMINUM ALLOY BODY^
• CLASS-EXCLUSIVE AVAILABLE LED LIGHTING¶
• CLASS-EXCLUSIVE AVAILABLE 360º CAMERA SYSTEM^
HURRY! EMPLOYEE PRICING ENDS SEPTEMBER 30TH
ELIGIBLE COSTCO MEMBERS RECEIVE UP TO AN ADDITIONAL $1,000≠ ON MOST NEW 2015 AND 2016 FORD MODELS
($500 ON MOST FIESTA & FOCUS)
OVER 500,000 CANADIANS
HAVE SHARED OUR PRICE SINCE 2005
VISIT PRAIRIEFORD.CA OR YOUR PRAIRIE FORD STORE TO SEE OUR ALL-NEW SHOWROOM AND GET YOUR EMPLOYEE PRICE TODAY.
Ford
Go Further
SiriusXM
Available in most new Ford vehicles with 6-month pre-paid subscription

Vehicle(s) may be shown with optional equipment. Dealer may sell or lease for less. Limited time offer. Offers only valid at participating dealers. Retail offers may be cancelled or changed at any time without notice. See your Ford Dealer for complete details or call the Ford Customer Relationship Centre at 1-800-565-3673. For factory orders, a customer may either take advantage of eligible cash/applicable Ford retail customer promotional incentives/offers available at the time of vehicle factory order or time of vehicle delivery, but not both or combinations thereof. Retail offers not combinable with any CPA/GPC or Daily Rental incentives, the Commercial Upfit Program or the Commercial Fleet Incentive Program (CFIP). * Ford Employee Pricing ("Employee Pricing") is available from July 1, 2015 to September 30, 2015 (the "Program Period"), on the purchase or lease of most new 2015/2016 Ford vehicles (excluding all chassis cab, stripped chassis, and cutaway body models, F-150 Raptor, F-650/F-750, Mustang Shelby GT500, Shelby GT350, 50th Anniversary Limited Edition Mustang). Employee Pricing refers to A-Plan pricing optionally available to Ford of Canada employees (excluding any Unifleet/GM negotiated programs). The new vehicle must be delivered or factory-ordered during the Program Period from your participating Ford Dealer. Employee Pricing is not combinable with ITA, GPC, CFIP, Daily Rental Allowance and A/V/T/D/F-Plan programs. ** FORD EMPLOYEE PRICE ADJUSTMENTS AND TOTAL PRICE ADJUSTMENTS VARY DEPENDING ON THE VEHICLE AND MODEL. Until September 30, 2015, receive $12,354 in total Ford Employee Price adjustments with the purchase or lease of a new 2015 F-150 Platinum SuperCrew 4x4. Total Ford Employee Price adjustments are a combination of Employee Price adjustment of $8,354 and Delivery Allowance of $4,000 – all chassis cab, stripped chassis, and cutaway body models, F-150 Raptor, F-650/F-750, Mustang Shelby GT500, Shelby GT350, 50th Anniversary Limited Edition Mustang excluded. Employee Price adjustments are not combinable with ITA, GPC, CFIP, Daily Rental Allowance and A/V/T/D/F-Plan programs. Delivery allowances are not combinable with any fleet consumer incentives. † Until September 30, 2015, lease a new 2015 Ford Escape S FWD 2.5L for up to 48 months and get 2.49% APR on approved credit (OAC) from Ford Credit. Not all buyers will qualify for the lowest APR payment. Lease Escape S FWD 2.5L with a value of $23,352 (after $1,195 down payment or equivalent trade in and Total Ford Employee Price adjustment of $2,237 deducted and including freight and air tax charges of $1,780) at 2.49% APR for up to 48 months with an optional buyout of $10,445, monthly payment is $277 (the sum of twelve ($12) monthly payments divided by 26 periods gives a bi-weekly payment of $128), total lease obligation is $14,491, interest cost of leasing is $1,630.48 or 2.49% APR. Total Ford Employee Price adjustment is a combination of Employee Price adjustment of $1,237 and delivery allowance of $1,000). Taxes payable on full amount of purchase price after Total Ford Employee Price adjustment has been deducted. Additional payments required for PPSA, registration, security deposit, NSF fees (where applicable), excess wear and tear, and late fees. Lease offer excludes options, Green Levy (if applicable), license, fuel fill charge, insurance, dealer PDI, PPSA (if financed or leased) (a maximum RDPDM fee of $44 and third party service fee of $4 for Quebec, if leased), administration fee, and any other applicable environmental charges/fees and taxes. All prices are based on Manufacturer's Suggested Retail Price. ≠ Offer only valid from August 1, 2015 to September 30, 2015 (the "Offer Period") to resident Canadians with an eligible Costco membership on or before July 31, 2015. Receive $500 towards the purchase or lease of a new 2015 Ford Fiesta (excluding S), Focus (excluding S and RS), and $1,000 towards all other Ford models (excluding C-MAX, ESTAR, E-350 Super Duty, F-150 Raptor, 50th Anniversary Edition Mustang, and Medium Truck) model (each an "Eligible Vehicle"). Limit one (1) offer per each Eligible Vehicle purchase or lease, up to a maximum of two (2) separate Eligible Vehicle sales per Costco Membership Number. Offer is transferable to persons domiciled with an eligible Costco member. Applicable taxes calculated before CAD$1,000 offer is deducted. ‡ When properly equipped. Max. towing of 12,200 lbs with 3.5L EcoBoost V6-4x2 Max. payloads of 3,300 lbs/1,270 lbs with 5.0L Ti-VCT V8/3.5L V6 EcoBoost 4x2 engines. Class is Full-Size Pickups under 8,500 lbs GVWR vs. 2014 competition. Best-in-class claims verified September 25, 2014. ^ Class is Full-Size Pickups under 8,500 lbs. GVWR. Military-grade aluminum alloy body claim verified January 28, 2014. Class-exclusive 360º camera system claim verified February 12, 2014. ¶ LED headlamps, taillamps, and side-mirror spotlights available. Class is Full-Size Pickups under 8,500 lbs. GVWR. Class-exclusive LED lighting claim verified December 10, 2014. x Based on Canadian Vehicle Manufacturers' Association year-end 2007 - 2014 total sales data for utility segment vehicles in Canada. Claim verified in January, 2015. ©2015 Sirius Canada Inc. "SiriusXM", the SiriusXM logo, channel names and logos are trademarks of SiriusXM Radio Inc. and are used under license. ©2015 Ford Motor Company of Canada, Limited. All rights reserved.

Seasons change, cars need TLC

WEATHER

Your vehicle needs extra attention, as does your driving habits

Jason Menard
For Metro

Get your car ready for the colder weather. SHUTTERSTOCK

The weather outside may not yet be frightful, but there will soon be a chill in the air. So now's the time to take care of your car to ensure your autumn driving remains delightful.

"The change in seasons is a reminder to check the little things that keep your vehicle running smoothly," explained Chris Rechner, spokesperson for the Alberta Motor Association. "Top up your fluids, check you antifreeze, and make sure your wiper blades are clearing the windshield. Make sure you keep the gas tank at least half full and an emergency kit in the trunk.

"Your vehicle needs a little TLC to get ready for the cold weather. The single most important thing is to check your battery to make sure you're getting a full charge."

And when it's time for your regular oil change, Rechner said you may want to consider changing the type of oil you use to help keep your car running smoothly as the mercury drops.

"If you aren't already using synthetic oil year round, make the switch at your fall oil change," he said. "The oil doesn't thicken in the cold weather so your engine will turn over a lot easier."

Your car is not the only thing that needs extra attention in the fall — the way you drive also needs a little extra care.

"Cold, wet conditions can affect your traction and stopping distance, so always try to drive to the conditions of the road," Rechner said. "Double your following distance and leave a larger cushion in front of your vehicle when stopped at a light."

And though you may think it's too early to consider new tires — or snow tires, Rechner said that September and October may actually be the best time.

"Check your tires for wear. Stick a toonie in the tread and if the rubber covers the outside silver ring you're at about 50 per cent tread wear. If it only covers part of the ring, it might be time to buy new tires," he said, adding that those considering winter tires don't need to wait for snowfall — or the mad rush at the mechanic.

"At 7°C the rubber in all-season tires starts to harden and lose its grip. If you're switching over to winter tires the best time to put them on is less about the weather and more about convenience," he said. "Auto repair shops are pretty quiet in September so that's a great time. Many people start booking now for early October appointments. Once that snow falls it's a little more competitive to get that service so don't wait too long.

"If you get them on a month before winter that's okay, it won't wear out the tread."

Birchwood SERVICE

Better Price.
Better Service.
Guaranteed.

PRICE MATCH GUARANTEE
PRICE MATCH WITH NAPA AUTO PARTS

Bring us a quote from any shop in the city and we'll match it!

Birchwood Auto Service will price match aftermarket parts using quality NAPA Auto Parts. Some restrictions apply.

Birchwood Auto Service are your winter vehicle preparation experts.
Don't wait until the snow flies!

Winter Service Specials on now, visit: **birchwoodautoservice.ca/specials**

metro SPORTS

Former No. 1 draft pick Anthony Bennett and the Timberwolves have agreed on a contract buyout, according to reports

Talent pool of coaches a large one for Canada

WORLD CUP OF HOCKEY

A master motivator in short time seen as valuable

Just because John Tortorella is bringing his fiery, no-nonsense attitude to the World Cup of Hockey as the United States coach doesn't mean other teams in the tournament will follow suit.

Instead, expect a vast array of personalities and styles as national federations and general managers try to find the right coach for a brand new, pre-season international competition with so many unknowns.

While USA Hockey announced Tortorella as its coach Monday night, Hockey Canada is still in the process of narrowing down to its final choice. Two-time gold-medal winner Mike Babcock would seem to be the front-runner, assuming he's interested, but Stanley Cup-winners Joel Quenneville and Darryl Sutter have to be considered.

Team Canada GM Doug Armstrong also mentioned Alain Vigneault as someone who "flies under the radar screen" but is among the best Canadian-born coaches in the NHL. Throw in Claude Julien, Ken Hitchcock and Lindy Ruff, who assisted Babcock at the Sochi Olympics, and there's no shortage of quality options.

"We're fortunate that there's a lot of veteran coaches with great resumés that we can choose from," Armstrong said in a phone interview Tuesday. "I think you want someone that can hit the ground running, that understands the dynamic of a tournament format, someone that can get everything organized because you have three exhibition games and then you're starting to play and before you know it you're in an elimination game."

> **I think we're in a pretty good position to get the right guy and, quite honestly, group of guys.**
> Tom Renney, Hockey Canada president and CEO

Babcock excelled at that in Sochi, taking a team fresh off planes from North America and rolling undefeated to gold. The Toronto Maple Leafs' new coach might not have as combative a personality as Tortorella, but his intensity seems a perfect fit for a short tournament like the Olympics, world championships or World Cup.

"In my experience at a world championship and at Sochi is that I couldn't see the level of energy being expended by all parties lasting a whole year, a regular hockey season," said Peter Chiarelli, one of the GMs of the 23-and-under Team North America at the World Cup. "You just couldn't do it."

Tortorella, like Babcock, has won a Stanley Cup and could dig deep into players for a short period of time and expect results. U.S. GM Dean Lombardi said on a conference call that Tortorella "instantly gives your team an identity," something that there's not much time to build in an all-star tournament.

Hockey Canada is well aware of that.

"You want to know how you want to play and what's successful in a short-term competition and in this case on a North American rink, so you have to know which style of play you want to incorporate," Hockey Canada president and CEO Tom Renney said in a phone interview. "The coach certainly has to line up with what he's got available to him for talent and how he wants to play this game."

THE CANADIAN PRESS

Mike Babcock is considered to be the front-runner to coach Canada at the new, pre-season international competition. NATHAN DENETTE/THE CANADIAN PRESS

MLB

Blue Jays slugger tiring the parrot

From The Edwing to walking the parrot, Blue Jays fans are creative in coming up with names for slugger Edwin Encarnacion's home run ritual.

Encarnacion, who sticks out his bent right arm and holds it parallel to the ground as he rounds the bases, appreciates the suggestions.

"If they say I'm walking the parrot, then whatever they say, I'll take it," he said recently.

The "walking the parrot" meme has become popular online, with Toronto baseball fans doctoring photos of him on the basepaths to add a parrot on his arm. Sometimes, appropriately, fans Photoshop a blue jay instead.

Encarnacion has been doing the so-called Edwing since April 28, 2012, when he hit a grand slam against Seattle's Hisashi Iwakuma in Toronto's 7-0 rout of the Mariners.

He has hit 141 more home runs since then, including 34 so far this season, and walked the parrot each time. He has no plans to change his habit, either.

"If I keep hitting home runs I'm going to keep doing it," said Encarnacion. "No superstitions, I just like to do it."

THE CANADIAN PRESS

Go to metronews.ca for coverage of Tuesday night's Blue Jays-Yankees game.

CFL

Collaros not about to abandon Ticats

Hamilton offensive co-ordinator Tommy Condell can expect some help running the Tiger-Cats' offence the remainder of the season.

Starting quarterback Zach Collaros met with reporters Tuesday, a day after Hamilton announced its star quarterback suffered a season-ending knee injury in Saturday's 25-18 home loss to the Edmonton Eskimos. An MRI revealed Collaros tore the anterior cruciate ligament in his right knee and will require surgery next month.

> **I couldn't go home and sit around.**
> Zach Collaros

"I've told Tommy I've been drawing up plays already," a jovial Collaros said. "I think he's going to let me call plays for this (Oct. 2 home game versus Calgary)." THE CANADIAN PRESS

IN BRIEF

Jets' Decker diagnosed with sprained knee

New York Jets wide receiver Eric Decker has a sprained knee, although coach Todd Bowles is "hopeful" he might be healthy enough to play the Philadelphia Eagles on Sunday.

An MRI on Tuesday revealed the sprain. Decker said after the Jets' 20-7 victory over the Indianapolis Colts on Monday night that doctors thought his posterior cruciate ligament was affected. THE ASSOCIATED PRESS

Eagles suffer injuries on D

Eagles defensive co-ordinator Billy Davis says linebacker Kiko Alonso and defensive tackle Cedric Thornton won't play Sunday at the New York Jets and linebacker Mychal Kendricks also may be out.

The Eagles (0-2) have struggled on offence in the first two games. Losing three starters on defence won't make things easier.

"We've got depth and we're very confident with who we have in there," Davis said Tuesday.

THE ASSOCIATED PRESS

NFL

Cassel trade gives Cowboys insurance

Quarterback Matt Cassel BILL WIPPERT/THE ASSOCIATED PRESS

Matt Cassel is headed to Dallas in a trade as the Cowboys try to bolster their depth at quarterback while Tony Romo is sidelined at least seven games because of a broken left collarbone.

The Cowboys acquired Cassel from Buffalo on Tuesday, sending a fifth-round pick in 2017 to the Bills.

Though Cassel has far more experience, Brandon Weeden is expected to start Sunday at home against Arizona.

THE ASSOCIATED PRESS

Bell Let's Talk national spokeswoman Clara Hughes speaks at a special announcement held in Toronto on Tuesday.
MARTA IWANEK/THE CANADIAN PRESS

Hughes healing, but book opens old scars

MENTAL HEALTH

Olympian has long battled depression and eating disorder

Movement has always been a part of Clara Hughes' healing process. When depression has threatened to envelop the six-time Olympic medallist, she has sought solace on her bike, on the ice, or most recently, by hiking.

The 42-year-old is the spokeswoman for Bell Let's Talk Day, and a tireless advocate for mental health awareness. But Hughes, who arrived home a few weeks ago from her part-solo 139-day hike of the Appalachian Trail, admits she's not out of the woods yet. And the release of her book Open Heart, Open Mind earlier this month has been like a tidal wave of old wounds.

"It definitely was one thing to write a book, and then to talk about what's in that book, and I have to say, I definitely underestimated how hard this was going to be," Hughes said Tuesday. "There's a lot of just really personal issues I have struggled with over the years and experiences over the years, familial and in the sporting world that I still am trying to understand, and it's been really traumatic.

"It makes me realize that I still have a lot of healing that I need to do."

Hughes was speaking Tuesday as Bell marked the fifth year anniversary of Let's Talk Day by announcing another five-year commitment to the program. Bell has also doubled its health funding commitment to $100 million.

Hughes is very open about the depression she long kept hidden behind that well-known smile. Writing the book has also forced her to deal with "a pretty major eating disorder" that plagued her through a decade as a cyclist.

"It's something I've never talked about and something that still lives within me to this day because I haven't gotten help for it," she said. "And I put that in the book because so many women struggle with body image issues, and I just felt like maybe if I could share these things it will help."

"And talking about my father and his struggle with alcohol and the impact that had on our family life ... that has been extremely difficult."

Hughes, who is the only athlete in the world to win medals at both the summer and winter Olympics, also revealed in her book that she was suspended for three months in 1994 for testing positive for ephedrine, a stimulant that can also be found in some cold medications. Hughes wrote that the doping violation was intentionally kept quiet.

"I know that it's up to the reader, they're going to make their own opinion on it," Hughes said. "Anybody that's put (this particular case) in context will understand that it's very different than other cases in the last 21 years."
THE CANADIAN PRESS

> **It was one thing to write a book, and then to talk about what's in that book, I definitely underestimated how hard this was going to be.** Clara Hughes

UFC

Former fighter Heit backs banned Diaz

UFC fighter Nick Diaz.
RENE JOHNSTON/TORONTO STAR

Canadian trainer, promoter and former fighter Jason Heit is leading the charge north of the border to support UFC bad boy Nick Diaz in the wake of his five-year ban for marijuana use. Heit, who like Diaz has a prescription for medical marijuana, calls Diaz's punishment "a tipping point."

"It's absolutely insane," Heit said from Victoria. With the support of Canadian marijuana advocates, Heit is calling for a boycott of all Nevada State Athletic events "until they drop the punishment and fine, and allow an exemption for prescribed medical cannabis patients."

> **It's absolutely insane.**
> Jason Heit on Diaz's five-year UFC ban for marijuana use

Both Diaz and former middleweight champion Anderson Silva failed drug tests at UFC 183 on Jan. 31 and were subsequently disciplined by the Nevada commission, getting vastly differing sanctions.

The 40-year-old Silva, who tested positive for steroids and two other banned substances, was suspended for a year and fined $380,000 US — 30 per cent of his fight purse and all of his win bonus.

The 32-year-old Diaz, who did not disclose his marijuana use prior to the fight, was suspended for five years and fined $165,000 — 33 per cent of his $500,000 purse.
THE CANADIAN PRESS

BUNDESLIGA

Lewandowski hits 5 goals in 9 minutes

Substitute Robert Lewandowski scored five goals in the space of nine minutes as Bayern Munich came from behind to rout Wolfsburg 5-1 and move top of the Bundesliga on Tuesday.

Daniel Caligiuri fired the visitors ahead in the 27th, leaving Bayern 1-0 down at the break for the third time in six games this season.

But Lewandowski came on for the second half and equalized in the 51st, put Bayern ahead a minute later, and completed his hat trick three minutes after that, when he hit the post, then the goalkeeper and kept going till he scored.

Still he wasn't done.

The Poland striker scored again in the 57th and claimed another three minutes after that, when he met Mario Goetze's cross with a spectacular scissor kick into the top corner.
THE ASSOCIATED PRESS

Munich's Robert Lewandowski CHRISTOF STACHE/ AFP PHOTO

LIGUE 1

Ibrahimovic helps PSG extend lead

Paris Saint-Germain stars Zlatan Ibrahimovic and Angel Di Maria scored their first league goals this season as Paris Saint-Germain provisionally moved four points clear at the top of the French league with a 3-0 win over Guingamp on Tuesday.

After Javier Pastore put the hosts ahead with a neat finish in the 18th minute, Di Maria opened his account in the 76th as he took advantage of a mistake from goalkeeper Jonas Lossl to score from the rebound. Di Maria, who joined from Manchester United this summer, found the net from close range after Lossl failed to clear Ibrahimovic's powerful shot.

Ibrahimovic, who had been criticized for his lack of impact in PSG's previous matches, redoubled his efforts throughout the evening at the Parc des Princes. He was rewarded with a goal seven minutes from time — his 107th with PSG since joining in 2012 — scoring with a simple toe-poke from Di Maria's assist.

Ibrahimovic missed the chance to add more lustre to the win when Lossl dived to stop his penalty after Younousse Sankhare was booked for a foul on Edinson Cavani in the box in the 87th minute. But the miss didn't distract from his man-of-the-match performance.
THE ASSOCIATED PRESS

109

In the final year of his contract, Zlatan Ibrahimovic is targeting PSG's club scoring record held by former Portugal striker Pedro Pauleta, who netted 109 in 211 games from 2003-08.
THE ASSOCIATED PRESS

IN BRIEF

Griezmann double puts Atletico top of La Liga

Atletico Madrid forward Antoine Griezmann struck two goals for a 2-0 win against crosstown rival Getafe on Tuesday, helping his side take the overnight lead of the Spanish league.

Espanyol also beat Valencia 1-0 thanks to Victor Alvarez's 18th-minute header. Barcelona can reclaim the lead at Celta Vigo on Wednesday. THE ASSOCIATED PRESS

Balotelli ends goal drought as AC Milan edge Udinese

Mario Balotelli snapped a scoring slump with a beautiful free kick and AC Milan held on for a 3-2 win over Udinese in Serie A on Tuesday.

Starting for the first time since rejoining Milan on loan after a dismal season at Liverpool, Balotelli curled the ball into the top corner after five minutes and let out a rare celebratory smile.
THE ASSOCIATED PRESS

RECIPE Five-Minute No-Bake Granola Bars

This is Gena Hamshaw's most popular recipe from her Food52 Vegan cookbook. It's easy and adaptable. Be warned: These are very soft, not baked and crisp, so may crumble depending on your ingredients (brown rice syrup seems to bind better than agave). Just cut them smaller if they do.

Yield: 10 large bars or 20 small squares.

Ingredients

- 2-1/2 cups large-flake oats or quick oats
- 1 cup pepitas (raw green pumpkin seeds)
- 1/2 cup raisins
- 2/3 cup almond butter or peanut butter
- 1/2 cup agave nectar or brown rice syrup, plus more as needed
- Pinch fine sea salt (optional depending on nut butter)

Directions

1. Line an 8-inch square pan with parchment, foil or plastic wrap with enough to cover and hang over sides for easy lifting.

2. In large bowl, stir together oats, pepitas and raisins.

3. In medium bowl, stir together almond or peanut butter, 1/2 cup agave or brown rice syrup and salt if desired. Add to oat mixture; stir until sticky and well combined. If it's too dry to hold together, add a bit more syrup.

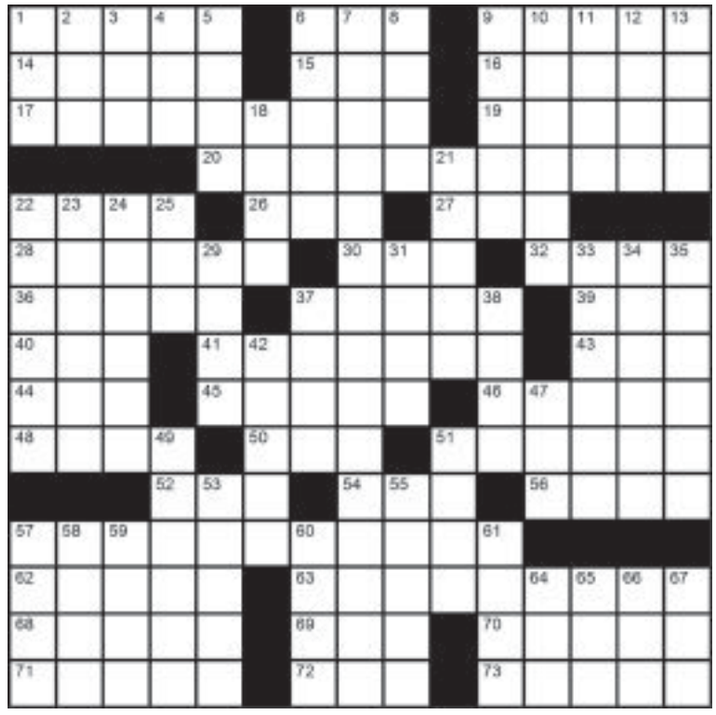
3. Spread mixture in prepared pan. Cover with parchment/foil/plastic overhang; press firmly to form an even layer. Refrigerate at least 4 hours to help firm up.

3. Remove from pan and transfer to cutting board. Use long, sharp knife, cut into 10 bars or 20 squares. Wrap individually in plastic. Refrigerate up to 2 weeks.

RECIPE: TORSTAR NEWS SERVICE
PHOTO: MELISSA RENWICK/TORSTAR NEWS SERVICE

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS

1. Jumbo's partner in balderdash
6. Gallery director's deg., perhaps
9. Teri of "The West Wing", and surnamesakes
14. Shake like _ _ (Tremble)
15. Mr. Dykstra
16. Jeweller's eye piece
17. In-depth analysis: 2 wds.
19. Tim of "Home Improvement"
20. Detail regarding the weave of bed sheets: 2 wds.
22. Turkish title, variantly
26. Medit. land
27. Andy Capp cartoonist Mr. Smythe
28. Decorates the cake in a way
30. "Where the Boys _": 1961 Connie Francis hit
32. Long-haired mountain animals
36. Gravy globs
37. Handle
39. Mythical bird
40. Music honour, e.g.
41. Swiftly, in music
43. The Who's "Love, Reign _ Me"
44. Car advertisement fig.
45. Curls
46. Region's animal life
48. Looked
50. Alphabet's 25th letter, spelled-out
51. Meower attractor
52. Meadowlands mother
54. "Fortunate Son" gr.
56. Cliff's scary part
57. _ Street Village National Historic Site of Canada (Mennonite settlement in southern Manitoba founded in 1876)
62. Ironworker's block
63. Ferocious female felines
68. Tragically Hip song that goes "Lava flowing in Superfarmer's direction..."
69. Salutes from Rocky
70. Sly shrewdness
71. 2015/09/23's one-of-two
72. Compass dir.
73. _ nerve (Eyeball attachment)

DOWN

1. Hamilton university, familiarly
2. 'Spat' suffix (Flapjacks flipper)
3. 'My' in Quebec, plurally
4. _ _ _ Systems (U.K. defence contractor)
5. "The Pride _ _. Louis" (1952)
6. Smudges
7. Harper-Mulcair-Trudeau... Voting for it takes place October 19th, 2015: 2 wds.
8. 1944: Dragonwyck author, _ Seton
9. Locale
10. The study of birds' eggs
11. Humdinger
12. Welcoming
13. Faxed
18. 1982 Roxy Music tune: "More Than _"
21. Gloom, in verse
22. On fire: wds.
23. In an irritable mood
24. Tribute
25. Egyptian cobra
29. Russian ruler
31. Fiendishly 'fixes
33. Daft Punk's "_ the World"
34. Walter _ (Chekov on "Star Trek")
35. Abrade
37. Friendly nation
38. Chesterfield
42. Bring down
47. Banqueted
49. Credits opposites
51. _-Raspberry (Ocean Spray flavour)
53. Language in Prince Charles' realm
55. Made a pick
57. Siestas
58. Organic compound
59. Iris' place
60. Elinor _ (British romance novelist)
61. Toy blocks brand
64. "How's it going?", fun-style
65. Don't stand
66. Yalie
67. Li'l bit of "60 Minutes"

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
It may at times seem as if everything you do is dictated by other people. But even if that is true it does not mean that things won't work out in your favour. Go with the flow.

Taurus April 21 - May 21
Certain habits and routines are past their sell-by date and must be replaced. The Sun's change of signs will make it easy for you to get rid of the old and bring in the new.

Gemini May 22 - June 21
You will be eager to change things for the better and that's good. The planets indicate that whatever you start now will result in major gains for you over the coming six months. Lady Luck is on your side.

Cancer June 22 - July 23
You need to make sure that the real foundation of your existence — your home and your family life — is built on solid ground. There are some major challenges coming and you won't want to face them alone.

Leo July 24 - Aug. 23
Loved ones will know what you are thinking without being told. You will come up with some wonderful ideas about how to improve your life between now and the end of the week.

Virgo Aug. 24 - Sept. 23
This is an important time for money and business. Decisions you take over now will set the scene for months to come. Once financially secure your options will increase.

Libra Sept. 24 - Oct. 23
The Sun's move into your sign today makes all things possible. It will give new life to a project or quest and if you reach for your highest ideal you will make the kind of difference that changes the world for the better.

Scorpio Oct. 24 - Nov. 22
You may be a bit more cautious than usual but that's okay. A lot depends on how much faith you have in your own abilities; believe there is a higher power guiding your actions.

Sagittarius Nov. 23 - Dec. 21
You need to get along with other people now, because you will only achieve what you hope to achieve if you join forces with those who share your aims and ambitions.

Capricorn Dec. 22 - Jan. 20
If you want to get on in the world, to make your mark in some way, now is the time to get serious about it. Your professional reputation is sure to rise but you must be prepared to step into the spotlight.

Aquarius Jan. 21 - Feb. 19
You are under no obligation to explain your actions to anyone, no matter what their position may be. No one commands an Aquarius.

Pisces Feb. 20 - March 20
Help will arrive when you need it over the next few days, but it might arrive quicker if you were not so determined to suffer in silence. Also, where finances are concerned a long-term plan is a must.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	9		6	3			7	
5		7						3
	1				8			
2						7		
7				1				8
		4						6
			3				1	
1						2		7
	8			6	1		5	

©2015 Conceptis Puzzles, Dist. by King Features Syndicate, Inc.

If you're texting, who's driving?

Manitoba Public Insurance

STK #15825

2015 JEEP CHEROKEE SPORT 4X2

DODGE DEALER MSRP ~~$25,990~~

EASTERN'S PRICE: FROM $22,995 INCLUDES FEES & DOCUMENTATION

THANKS TO AN INSURANCE PAY OUT FROM THE SUSTAINED HAIL STORM,
WE ARE SELLING CHEROKEE'S FROM $22,995 WHILE INVENTORY LASTS!

0% FOR UP TO 72 MONTHS FINANCING ON SELECT MODELS OAC

ONLY 4 JOURNEY'S REMAINING!

DLR # 4615

EASTERN CHRYSLER DODGE JEEP RAM

1900 MAIN STREET WINNIPEG, MB

WWW.EASTERNCHYRSLER.COM

JUMP INTO A JOURNEY HOTLINE

1.888.529.2798

Dealer #4615. Vehicles available at time of print. 0% financing for 72 months OAC available on STK#stock numbers 15825/15834/15878/15879. 4 units available at advertised price: stock numbers 15825/15834/15878/15879. Any repairs needed are to be covered at the purchaser's expense. See dealer for details. All vehicles were available at time of print. Prices and payments are plus tax. All dealer rebates, discounts, factory incentives, prices, and interest rates are subject to change or end without notice as new retail incentive programs are announced. Offers expire September 30, 2015.